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PUZZLE PAGE

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Budget voting delayed

The parliamentary debate on the Government's controversial and hotly contested 2011 state budget proposal has been postponed to November 2-3. Voting had previously been scheduled to take place at the end of next week. (See Page 2)

Brit walks into Loulé police station after two-week ordeal
A British citizen who until Tuesday morning this week had been presumed dead by the police has emerged alive but reportedly mutilated and tortured after managing to escape from a house in the Algarve where he had been held captive for the past two weeks over an unpaid drug debt. (See Page 4)

Madeleine book ban lifted

The parents of missing British toddler Madeleine McCann suffered a blow this week when the injunction against a book written by a former Portuguese detective was lifted by the Appeal Court. (See Page 7)

More poverty and hunger: bleak predictions for 2011

Welfare organisations and charities fear that next year's austerity measures could worsen the scenario for families who are already living on the breadline and will aggravate poverty and will. (See Page 15)

Green grabs gold

Australian Richard Green secured an unlikely win over the weekend in Vilamoura when he clinched the Portugal Masters in extraordinary circumstances. (See Page 64)

Weekend weather

Lisbon: Thermometers will manage to pass the 20-degree mark with ease due to additional cloud cover, though there is a strong chance these clouds will be transformed into rain by the end of the week.

Algarve: No rain is forecast for the coming seven days though cloud will become more prominent as the week progresses. **North:** Scattered showers will be recorded for much of the week though temperatures will remain relatively high.

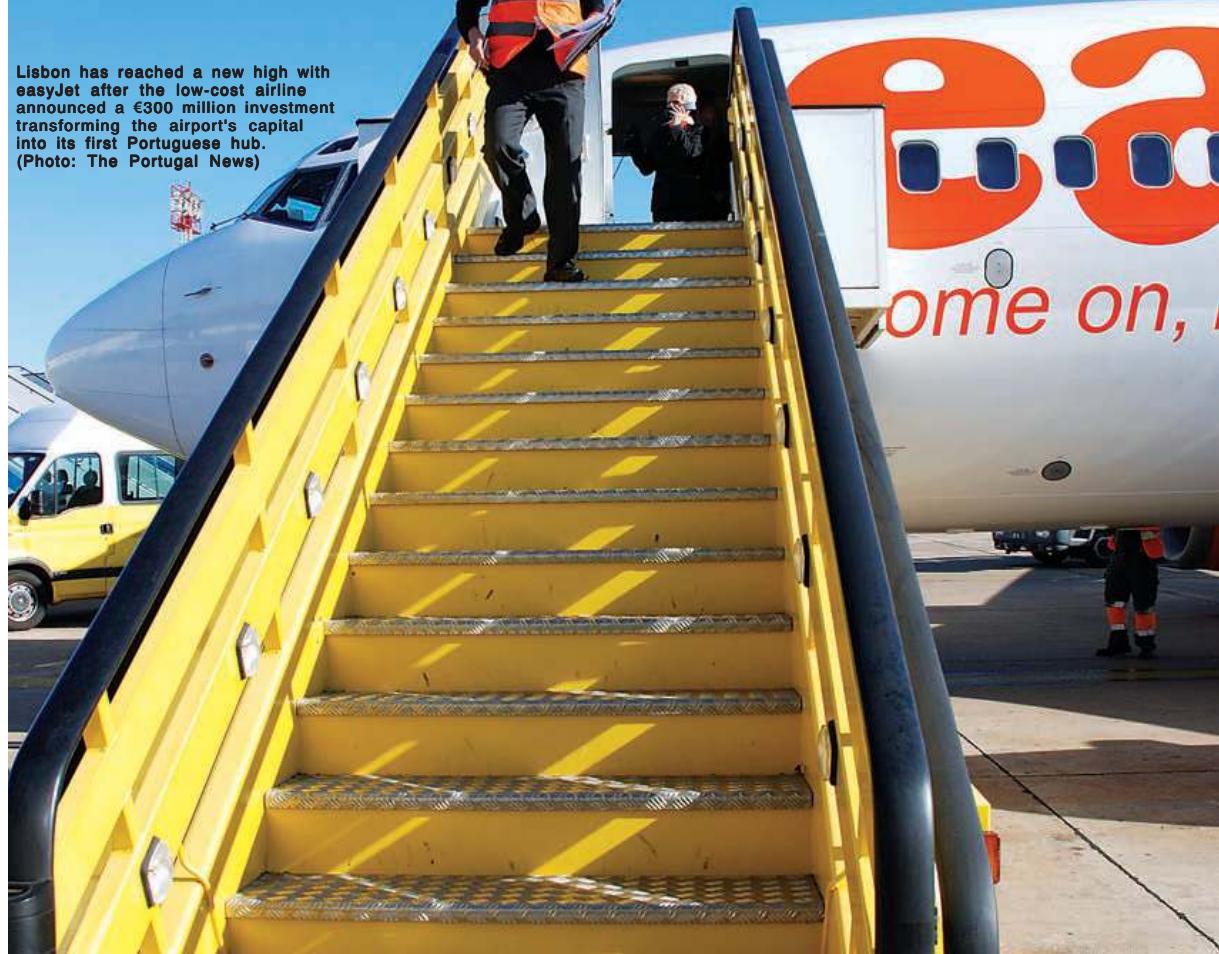


easyJet invests €300 million in making Lisbon its first Portuguese base

EASYJET BAGS LISBON BASE

Full story, see page 2

Lisbon has reached a new high with easyJet after the low-cost airline announced a €300 million investment transforming the airport's capital into its first Portuguese hub. (Photo: The Portugal News)





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easyJet bags Lisbon base

Carrie-Marie Bratley

Following months of speculation, easyJet announced this week that a deal had been reached with airport management company ANA to establish Lisbon's Portela Airport as the British low-cost airline's first Portuguese base; the new hub was officially inaugurated on Monday this week, celebrating an investment of €300 million that will create around 2,000 direct and indirect jobs and increase the number of passengers by one million per year.

Present at the event were many high-profile dignitaries, including Portuguese Prime Minister José Sócrates, Lisbon Mayor António Costa, Secretary of State for Public Works Paulo Campos, Secretary of State for Tourism Bernardo Trindade, and Antonio Guilhermino Rodrigues, President of ANA Aeroportos de Portugal.

During a press conference easyJet Chief Executive Carolyn McCall announced that from winter 2011, ten new routes would be added to the 15 routes that the airline currently operates from Lisbon.

The new destinations, she said, were in the process of being selected.

Despite its hefty investment in Lisbon, easyJet has benefited from financial support and incentives to help establish its Portela base.

Minister for Public Works, Transport and Communications António Mendonça said, "The airline will receive various types of financial support relating to the number of passengers [it carries] as part of the Initiative, PT programme, a fund for developing routes sponsored by ANA, the Portuguese Tourism Board, and the Lisbon Tourism Association."

Such incentives can range between three and five euros per

passenger.

ANA has also agreed to lower its airport taxes to accommodate the airline, whose flights will depart from Lisbon's Terminal 2 and arrive at Terminal 1.

Terminal 2 is, at present, used exclusively for domestic flights though ANA's plans are to eventually convert the infra-structure into a 'low-cost' terminal.

During Monday's ceremony a brand new easyJet A-319 aircraft was christened 'Pride of Lisbon' by Carolyn McCall and the Prime Minister, "as a symbol of easyJet's commitment to the market".

Initially three aircraft will be stationed at Portela, which should be steadily increased to seven.

According to a statement on easyJet's website, Lisbon was selected from an initial list of 57 other European cities because of its "market potential".

The Portuguese capital has recently scooped a plethora of awards establishing its status as one of Europe's most appealing destinations.

Amongst others accolades Lisbon was recently crowned 'Europe's Leading City Break Destination' at this year's 'World Travel Awards (WTA)', which are known in the industry as the 'Oscars' of the travel. It is a title the city scooped for the second

consecutive year, meanwhile easyJet was donned the title of 'Europe's Leading Low-Cost Airline'.

Carolyn McCall said "We are making it easier to visit this beautiful country".

"As one of Europe's most attractive capital cities, Lisbon already attracts 3.6 million tourists and four million business travellers a year. The increase in easyJet aircraft based in Lisbon will stimulate demand and contribute to visitor numbers by over one million passengers a year, with clear benefits to the Portuguese economy".

"We also look forward to giving the people of Portugal the opportunity to fly to new beach and city destinations at low-fares", she added.

Paulo Campos Secretary of State of Public Works and Communications said:

"The opening of the easyJet airbase is a focus on the development of the air transportation sector, contributing positively to the Portuguese economy."

Of the 2,000 jobs that the deal has created, between 100 and 150 will be direct employment opportunities.

easyJet has been operating in Portugal since 1999 and currently flies from four Portuguese airports—Lisbon, Porto, Faro and

Funchal—carrying more than 3.4 million passengers a year to Portugal.

Meanwhile, Irish low-cost counterpart Ryanair recently confirmed they were also in negotiations with Lisbon to create a third Portuguese base there. Two weeks ago it emerged that both easyJet and Ryanair were vying to set up a base at Portela.

At the time Ryanair spokesperson Daniel de Carvalho told **The Portugal News** "Lisbon is still more expensive than we would like", but confirmed "we are in talks about Lisbon indeed, but [we] need to see a) a better price linked to strong traffic increase and b) better operational accommodation of our needs as is done in Faro and Oporto".

Following news of easyJet sealing a deal with Portela, this week a Ryanair spokesperson told **The Portugal News** "easyjet's high fares are of no concern to Ryanair. We continue talking with ANA about the possibility of bringing Europe's lowest fares to Lisbon."

Ryanair presently has two bases in Portugal, in Oporto (northern Portugal) and Faro (the Algarve), the latter costing the company in excess of US\$500 million (approximately €360 million) to establish.

Budget debate delayed as negotiations continue



The parliamentary debate on the government's 2011 budget proposal has been postponed to November 2-3 after it became apparent that the prime minister would be in Brussels on October 28 and 29, when voting was originally set to take place.

The postponement had been called by several opposition parties, displeased that the first set of dates coincided with a European Council – and thus José Sócrates would be in Brussels for most of the debate.

The budget proposal includes a round of unpopular austerity measures aimed at reigning in the country's public deficit.

The ruling Socialist Party, lacking an outright majority in parliament, needs main opposition party PSD (Social Democrats) to agree to approve the budget or, at least, to abstain.

PSD MP Luís Montenegro said that "there's no relation" between postponing the debate and budget negotiations.

"The issue here is that parliament must discuss thoroughly the budget proposal, and that implies the prime minister's attendance", Montenegro said. "It was the government alone who wanted to push ahead the debate when they knew the [October 28-29 dates] would coincide with the European Council."

PSD leader Pedro Passos Coelho said his party has a series of "fundamental concerns" that must be addressed, but doesn't want to impose "all or nothing"

terms.

The PSD leader suggested his party will abstain in a November 2-3 budget debate if the government agrees to make some changes to its budget proposal.

"As it is, the budget proposal for 2011 is nothing more than another series of blunders", Passos Coelho said. "PSD is not available to allow the budget to pass in its original form, where we are called to make additional sacrifices."

The Social Democrat leader expects that the government will accept "common sense" steps to "spare families and businesses".

One of the key concessions the government would have to make to ensure the PSD's abstention is to limit the proposed increase of VAT to one percent as opposed to two percent from its current figure of 21 percent.

TPN/Lusa

PSD leader Pedro Passos Coelho dominated political news this week as he appears to hold the cards as to whether or not the 2011 state budget is passed in Parliament. (Photo: Lusa/Homem de Gouveia)



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Algarve welcomes cutting edge energy park

 Eloise Walton

A unique €350 million project is planned to create a technology demonstration park with facilities spanning the Algarve. This ambitious project will focus on renewable energy production, research, training, 'edutainment' and interaction with the general public.



An energy experience park

The project to build the Algarve Energy Park (AEP) has been inspired by figures that suggest that by 2030, the world's energy demand will have grown by 45 per cent, requiring an estimated boost in investment of around US\$26 trillion.

With the world still on the path of emitting a third more greenhouse gases within the next 20 years than it is now, renewable energy, which is the fastest growing source of energy, is becoming increasingly important.

As a result, the AEP will include a number of areas which aim to work with academic institutions as well as governmental, industrial and public sectors, especially in renewable energy research.

Within the park, there will be five independent, but complementary project components, each one developed in partnership with one or more partners.

Marc Rechter, Dutch businessman and co-founder of the Algarve Energy Park speaking to **The Portugal News** earlier this week, explained: "Our current estimate for the full implementation of all components of the Algarve Energy Park is expected to generate an investment of some €350 million."

The infrastructure for the five components includes energy generation and distribution, a Centre for Sustainable Energy, an Energy Experience Park, a Preventative Health Care Cluster and a Clean Tech Village.

"The receptivity has been excellent both at national and regional level," said Marc Rechter, adding: "In the Algarve we've enjoyed a strong collaboration with the CCDR-Algarve Regional Development and Coordinating Commission, who share our view on the value that the initiative can bring to the Algarve region, and have given us their strong support."

The AEP, which will be implemented over a period of six to seven years, has so far been privately funded by international investors.

"The several projects of the initiative will be funded through a mix of public and private funding sources, among which will be public incentives available under the European Union's incentive programmes, designed to support energy efficiency projects," said Mr. Rechter.

AEP, which aims to be self-sufficient energy wise, will feature state-of-the-art energy infrastructures such as photovoltaic, solar thermal, micro wind, bio mass and electric car charge ports, among others.

"Right now, we're strategically focused on the implementation of the Solar Demonstration Platform, which will allow participating solar technology companies to demonstrate, monitor, test, and market their technologies," Marc Rechter told

The Portugal News.

Solar technology will be the key feature of the Centre for Sustainable Energy Systems which will be focused on the manufacture, research and development of solar based technology and components.

"If we manage to stay on schedule, we should see the first units producing energy by March 2011," continued Marc Rechter, adding: "The overall energy production will depend on factors like level of irradiance and efficiency of the different systems. In the first phase, we expect the Solar Demonstration Platform to house up to 17MW of total generating capacity."

Members of the public will be able to visit the Energy Experience Park, a public facility featuring five 'worlds' where visitors interact and learn about new and existing products and services. Visitors will find education, entertainment and shopping experiences in a purpose designed space.

"We believe the Energy Experience Park will also add significantly to Portugal's image as a sustainable tourist destination, as well as help the country to communicate its leadership in sustainability, energy efficiency and mobility solutions," said the co-founder of the AEP.

The Preventative Health Clinic will support the emerging demand for personalised medicine and preventive diagnostics, meeting the needs of new approaches to healthcare and advanced genetic testing.

It will involve a personalised genetic medicine approach to genome-based diagnostics evolving over time to include cell and gene therapy.

"The international reach of the

clinic and its popularity will depend on how successfully designed and streamlined the clinic and its services are. First customers will be early adopters of the new healthcare approach."

Mr. Rechter adds: "The Algarve region can offer a lot to sustain the concept such as qualified medical personnel, organic agriculture, and active lifestyle opportunities."

Finally, the Clean Tech Village will function in support of activities within the other components of the AEP. This component will likely include short term and permanent residential units, to accommodate the Preventive Health Care out-patient care, as well as visiting researchers and specialists working at the park on a temporary basis.

Once up and running, the initiative is expected to generate around 2,000 direct and indirect jobs. "It's difficult at this point to pinpoint a precise number, which will also depend on the number of participants that join the initiative," he said.

The Algarve Energy Park itself will span a number of locations throughout the Algarve region.

"East Algarve for the Solar DEMO Platform, neighbouring the Algarve Motor Park for the Research and Development Centre and potentially another location for another one of the components of the development," said Mark Rechter.

He added: "We are continuously looking to and are already collaborating with a number of entities and institutions in the Algarve. The Algarve Motor Park is yet another entity with which we would like to collaborate in the future, as is the case with many other companies in

the region."

Meanwhile, an €800,000 project is also underway at the Algarve Motor Park to install more than 500 solar panels, each with a 200W output capacity.

According to Paulo Pinheiro, CEO of Parkalgar, the solar panels are located near the future hotel and apartment blocks on the northern part of the site.

This environmentally friendly energy production initiative is being carried out by Parkalgar, which manages the Motor Park, in partnership with a new branch of the Galp petroleum and energy company called Galp Soluções de Energia.

The cost of the project is being split evenly between both partners, with Galp also supplying the know-how and maintenance of the solar system.

Aside from the solar panels themselves, all other components used to build the site have all been made in Portugal.

This solar panel initiative, which started in August is due to be completed by the end of the year, when the energy will be sold to the national grid. The expected output of energy is estimated at 156MW per year.

As well as this solar farm, Parkalgar also has a number of other green initiatives in an effort to make the race track site carbon neutral.

"Solar energy is used to heat tap water for the race and kart tracks, while the landscaped areas are watered using treated waste water," said Paulo Pinheiro.

For further information about the Algarve Energy Park, please visit the website, available in English at www.algarveenergypark.com.



A sketch of the view towards the centre and experience park

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Appeal's court overrules ban on Madeleine book

Portugal's Appeals Court has quashed a ban issued by Lisbon's Civil Court in February this year to halt sales of the book 'Maddie – The Truth of the Lie', by ex-PJ Inspector Gonçalo Amaral; the former inspector considers the overturning to be a "reinforcement of Portuguese democracy".

Mr. Amaral is said to have 'rejoiced' in the court's verdict and told Lusa News Agency it was proof "there is a democracy after all!".

He said that he had expected the court to overrule the injunction placed on the selling of the book by missing Madeleine McCann's parents.

"The book is an exercise of citizenship and freedom of expression. With this decision by the court it was Portuguese democracy that won, as the banning of book sales was unconstitutional", said Gonçalo Amaral.

The ex-inspector also said the court's decision was "very important" for the two pending lawsuits currently in place against him but for which no start dates have been set for the trials.

In a civil lawsuit, Kate and Gerry McCann, parents of Madeleine, are seeking €1.2 million in compensation for defamation. In a second case Amaral is accused of violating the secret of justice.

Isabel Duarte, the McCann's

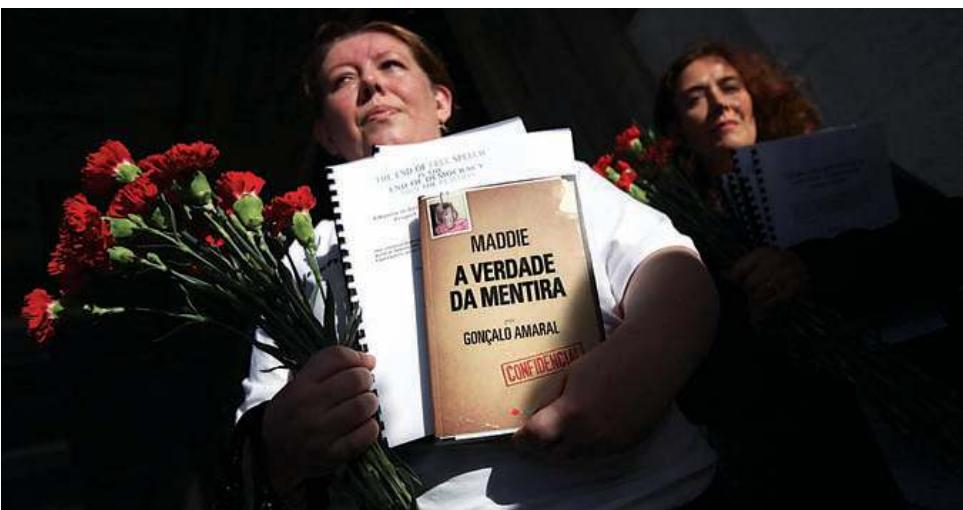
lawyer, declined to comment on the court's quashing of the ban and simply said "the decision is being analysed so we can react".

I turn the book's publishers Guerra & Paz, which edited 'Maddie – The Truth of the Lie' in July 2008, said it would "immediately proceed with all diligences to free up the seized copies [of the book] and put the book at the disposal of the Portuguese public".

In a statement the publishing house said Gonçalo Amaral's book "is a relevant contribution for the discovery of material truth" and classified the overturn as respecting "the right to inform and the right to an opinion".

Earlier this year a Lisbon court ruled that an injunction placed on the controversial book in September last year should remain in place. At the time Kate and Gerry McCann said they were "very pleased and relieved by the judge's decision".

In his book Gonçalo Amaral defends the theory that Kate and



Gonçalo Amaral's supporters stand outside the Lisbon Courthouse on December 11th last year during a hearing of the case concerning the publication of Amaral's book about missing Madeleine McCann. (Photo: Lusa / José Sena Goulão)

Gerry McCann were in some way involved in their daughter's disappearance from the Ocean Club resort in Praia da Luz in May 2007, shortly before her fourth birthday.

In his book Gonçalo Amaral

Algarve University hosts first Iberian Lynx seminar

Portugal's first seminar about the conservation of the Iberian Lynx in the country is due to take place on October 28 and 29 at the Gambelas campus of the Algarve University in Faro.

Alexandra Cunha, President of Portugal's nature protection league (LPN) told Lusa news agency: "The aim of this meeting is to join together all the institutions that are working to preserve the Iberian Lynx in Portugal to exchange information."

As well as discussions about the work currently underway to protect the endangered feline

species at the reproduction centre in Silves, specialists in the field from Spain will also be at the event on the first day to share their knowledge and expertise. The second day will be used to discuss strategies for raising awareness about the Iberian Lynx to the general population.

"We have been preparing three natural habitat areas in Portugal for the Lynx as part of the European Life project," said Alexandra Cunha, adding: "these are located in Moura, Barrancos, in the Serra do Caldeirão and in the lower Guardiana."

Registration is still open to take part in this two day seminar event which will be held in Portuguese. For more information, please visit the LPN website at: www.lpn.pt.

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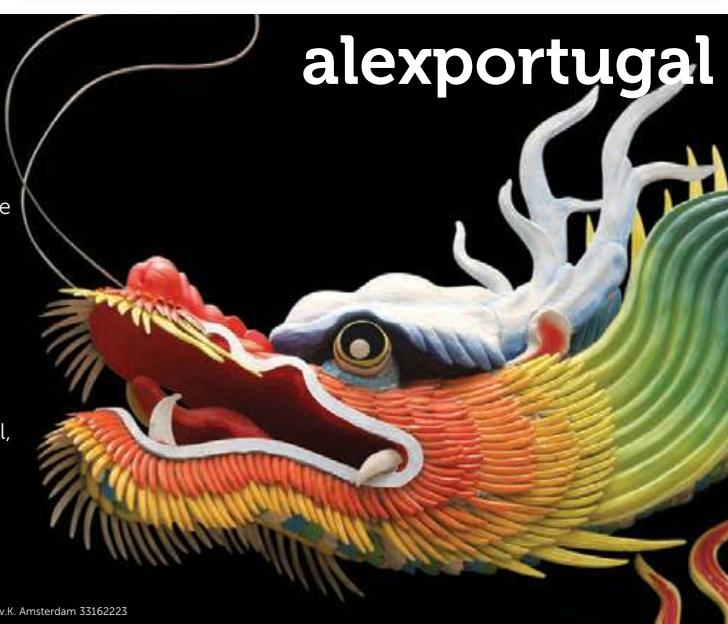
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President declines comment on reported timing of re-election bid



President Cavaco Silva during the inauguration ceremony of a new school in Santa Comba Dão on October 16th. (Photo: Lusa / Nuno André Ferreira)

Millions surviving crisis on just €777 per month



Close to 37 percent of all employees in Portugal earn an average wage of just under €780 per month, and it is on similar salaries that millions of workers will have to endure the looming VAT rises and other austerity measures proposed in next year's State Budget.



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And recent data from the National Statistics Institute (INE) shows that by the end of the second quarter this year, around 1.44 million people were working for less than €600 per month.

Should the proposed State Budget for next year be approved in Parliament it is this income bracket, of between €600 and €777, with which a large part of Portugal's employees will have to try and make ends meet.

Austerity measures included in the budget proposal include raising IVA tax to 23 percent (it is currently 21 percent); freezing or slashing civil servants' wages, and reducing IRS discounts.

Leading economist Eugénio Rosa predicts that, altogether, the impact the measures will have on salaries represents a reduction of three percent of average income.

"Those who are not expecting a rise in the next year can count on a loss of 2.2 percent in spending power as this is the value of inflation predicted by the Government for 2011", he explained in a report by national newspaper *Diário de Notícias* (DN).

In the case of those earning €777 euros per month, this will force increased expenditure of just over €23.

According to figures from the INE, it is within the agricultural, cattle breeding and fishery industries that employees earn the lowest salaries.

In a total of some 82,000 people working within this industry, only 3,200 earn more than €900 per month. More than 60 percent earn less than €600 per month. Regarding the average salary, this is around €531 per month, significantly lower than the €703 within the manufacturing, construction and energy sector, and much lower than the average salary of €821 earned by services workers.



Belém Palace has so far declined to comment on a report that Portuguese President Cavaco Silva will announce his re-election bid for a second five-year term next week.

"This is a matter on which the President of the Republic will not comment", a presidential aide told Lusa News Agency on Sunday evening after a prominent political commentator said Cavaco Silva would announce his candidacy on October 26.

While four center-left candidates have entered the race for the January poll, the conservative president has yet to say he will run, although he is widely expected to do so.

Since the democracy-restoring "Carnation Revolution" in 1974, all Portuguese heads of state have been re-elected for a second and final consecutive mandate.

Cavaco Silva's alleged announcement plan was reported earlier Sunday by commentator Marcelo Rebelo de Sousa, a former leader of the main opposition Social Democrats (PSD), a party once headed by the incumbent president.

In a related story, Portuguese presidential candidate Manuel

Alegre opened his campaign headquarters last Wednesday stating that all polls show current President Cavaco Silva "going down" while his own numbers are on the rise.

Manuel Alegre is among four other candidates who have already declared for the early 2011 presidential election.

Mr. Alegre came second in the 2006 election, where he received 19% of the vote.

"[Almost] five years ago, the night that results were announced, there were young people here crying for the thirty thousand votes we lacked to force a second round" of voting, Mr. Alegre said.

"In the next electoral evening, I don't want to see anybody crying, I want to see celebration because we reached the second round."

Manuel Alegre, a former Socialist MP, is backed by the ruling Socialist Party, despite having been critical of Prime Minister José Sócrates in the past.

"Don't confuse country with its PM"

European partners should "not be too alarmed" by news of Portugal's financial hardships and must not "confuse the country with any prime minister", Portugal's Popular Party (CDS-PP) leader Paulo Portas said at a European People's Party event on the island of Madeira.

Paulo Portas argued that Portugal has faced many crises in the past but "never surrendered, never lost, always came back, reinventing itself".

"Have no doubts that this will happen again. Portugal is capable, the Portuguese are capable", Mr. Portas said.

The PP leader noted that Portugal has been in the news "with disquieting frequency" due to its debt and decried the fact that the country was "lumped into an acronym of dubious taste" (the PIIGS group of financially frail nations, including Portugal, Ireland, Greece and Spain).

"My duty is to tell you: don't be too alarmed" by news of Portugal's financial condition, Mr. Portas said.

TPN/Lusa

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Only 1 in 3 Portuguese students have never failed a year



Only 30 per cent of Portuguese students complete the 12 years of primary and secondary schooling without having to repeat a year, according to statistics from the national education council.

According to Joaquim Azevedo, a professor at the Universidade Católica and a member of the national education council, for every 109,000 students who enter the first year of primary school, only 32,000 reach the final year of secondary school in 12 years.

Speaking at a conference about education in Lisbon on Tuesday, Joaquim Azevedo said that giving schools greater autonomy was the way forward to improve

education and prevent students from dropping out of school.

According to Joaquim Azevedo, laws to this effect were introduced four times in Portugal, in 1989, 1992, 1998 and 2002; however "it has been difficult to create an environment of autonomy and freedom."

He blamed the unending legislation in education and proposed it to be suspended for five years, with schools instead focusing on an annual plan to improve gradu-

ally. Joaquim Azevedo also backs the creation of 'agencies' that could support schools with difficulties and guarantee equal opportunities, although he recognised that parents must also take responsibility for their children's education.

"School is not a substitute for the family," he said, adding that parents must also educate their children at home on subjects such as sexual education and road awareness for example.

'Faceless' man travels to USA to remove life-threatening five-kilo tumour

A Portuguese man whose face had become completely disfigured by a 5.5 kilo tumour is making a remarkable recovery after having the monstrous growth removed thanks to an innovative procedure carried out at St. Joseph Hospital, Chicago, USA.

José Mestre from Queluz, Lisbon, was more commonly known as "the man without a face".

He was a regular fixture in the capital's Rossio area, where he would spend his days sitting in the cafés, "having his picture taken by tourists and being pointed at", locals recounted.

Last year the 54-year-old was the subject of a 'Discovery Channel' documentary that showcased his 5.5 kilo, 40 centimetre facial tumour and broadcast it to the world.

Since childhood he had battled with the growth, which by the latter stages had completely deformed his face. Vascular tumours measuring nearly a metre in length compromised his breathing, his vision and his ability to eat and sleep.

On several occasions he refused surgery to remove the tumour because of his beliefs as a Jehovah's Witness.

This year a leading surgeon

offered to perform the groundbreaking intervention in Chicago, USA, free of charge. In keeping with Mr. Mestre's religious beliefs the intervention was based on an innovative technique that does not require blood transfusions.

Speaking to Lusa News Agency, surgeon Iain Hutchinson said he carried out the complex procedure with a "harmonious scalpel" that uses ultrasound waves to coagulate blood vessels", therefore reducing the loss of blood.

Dr. Hutchinson compared the intervention to "cutting the stem of a flower without cutting the flower".

José Mestre's treatment was carried out in four stages, firstly the removal of the largest part of the protuberance, then later surgeries to reconstruct the volume of his lips and to better shape his nose.

Scheduled over three months each intervention lasted several

hours and was described by the surgeon as "highly unusual and complex".

Colleague Dr. Ramsen Azizi told American news channel ABC7 "This may be the largest [tumour]...ever excised and because of that, it was very difficult to do it without deforming the face."

José Mestre's translator told ABC7 "He finally has a chance to lead a sort of a normal life because before he felt that, even though he never chose it, he was the centre of attention wherever he went."

"No doctor wanted to operate on him, and so for him, ever since the first operation, it was a happy ending already, because he never assumed that he would come out of here, you know, alive," said the translator.

Mr. Mestre's sister Edite Abreu told ABC7 "If nothing had been done he would have died; now he has a new life."



Prime Minister José Sócrates makes a speech during the 'Education for All' forum at the Congress Centre in Lisbon on October 16th. (Photo: Lusa / Miguel A. Lopes)



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EU wants temporary suspension of animal cloning for food production



The European Commission has this week announced that it will propose a temporary suspension of animal cloning for food production in the EU.

The Commission also plans to suspend temporarily the use of cloned farm animals and the marketing of food from clones. All temporary measures will be reviewed after five years. The establishment of a traceability system for imports of reproductive materials used for cloning, such as semen and embryos for clones is also envisaged. The system will allow farmers and industry to set up databases of the animals that emerge from these reproductive materials.

Commissioner in charge of Health and Consumer Policy, John Dalli, said: "The Communication adopted today is a response to calls from the European Parliament and Member States to launch a specific EU policy on this sensitive issue. I believe that the temporary sus-

pension constitutes a realistic and feasible solution to respond to the present welfare concerns."

The commissioner underlined that the proposal will not suspend cloning for uses other than food, such as research, conservation of endangered species or use of animals for the production of pharmaceuticals. In conclusion, he expressed the hope that "with the adoption of this report, the Council, the Parliament and the Commission will move forward on the proposal on Novel Foods which is an important contribution to consumer protection and innovation".

Photo left: The group of scientists who carried out the first cattle cloning in Portugal. The calf, which was born in March 2009 in Angra do Heroísmo, was named 'Cloneta'. (Photo: Lusa / Aranda da Silva)

Taylor's launch 155-year-old Port



In December this year renowned port-makers Taylor's is to launch 1,500 bottles of its limited edition 155-year-old pre-phylloxeric Port 'Scion', which according to the producers is "notable" not only "for its rarity and historic importance", but also because it is "in perfect condition".

"Scion is one of the rare survivors of the pre-phylloxeric period and is a monument of a lost era. Wines like Scion will never be made again".

Phylloxera was a widespread plague that attacked the Douro's vines in 1870 and left crops devastated.

In 2008 Taylor's oenologist David Guimaraens was invited to sample the "extraordinary wine" which had been left resting in the warehouse of a prominent family who lived near Régua, in the heart of the Douro region.

With the exception of one barrel, said to have been purchased by the former British Prime Minister Winston Churchill, the rest of the wine was "conserved as a family heirloom, passed from generation to generation".

In 2009 the only remaining direct descendant of the family died without having children and the heirs of the wine decided to sell it.

Taylor's acquired samples from two barrels and agreed that it was "exceptional".

"Fifteen decades of aging have made it a concentrate of magical complexities. It has become a sublime essence", Taylor's described.

The company was able to pur-

chase the wine due to the "good relationships it has throughout the Douro".

Taylor's general-manager Adrian Bridge added that he immediately recognised the wine's "absolutely notable quality and its historic importance", for which reason the decision was made not to blend it or sell it in lots, but to launch it as a collector's item.

"Within the realm of wines, as in other fields of activities, it is

as much a bonus to recognize the success of other's as it is to achieve it", added Mr. Bridge.

And the company as a whole is quick to agree "A wine like this will never be made again".

The term 'scion' has two meanings: the descendant or heir of a noble family, and the fork of a plant that is specially used for grafting.

Each bottle of 'Taylor's Scion' is to be sold at a recommended retail price of €2,500.

Portugal on 'right path' to meet Kyoto targets

Portugal is on the "right path" to reduce greenhouse carbon emissions, State Secretary for Environment Humberto Rosa said, adding that emissions had been dropping since 2005 in line with international commitments.

"We're absolutely on the right path", he told Lusa News Agency on the sidelines of an EU environment ministers meeting in Luxembourg.

decreased economic activity brought on by the financial and economic crisis.

The European Commission released a study on Monday forecasting the 25 EU member states that signed the Kyoto Protocol were on track to meet their respective objectives.

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Portugal's ecological footprint decreases

 Brendan de Beer

According to the 2010 edition of the World Wildlife Fund's Living Planet Report, Portugal is currently ranked 39th in consumption of natural resources. However, the WWF further explains that the country's ecological footprint has been reduced since 2005.

"Portugal's per capita ecological footprint in 2007 places the country in 39th place", with 4.5 hectares, which remains substantially higher than the world average which stands at 2.7 hectares.

The country rated most negatively in its water usage, with only five countries fairing worse.

According to the WWF, each inhabitant uses 6,203 litres of water a day, which it blames mostly on "ineffective" agricultural policies and practices.

The WWF report published late last week also revealed that the populations of tropical species are plummeting and humanity's demands on natural resources are sky-rocketing to 50 per cent more than the earth can sustain, the survey of the planet's health explained.

The biennial report, produced in collaboration with the Zoological Society of London and the Global Footprint Network, uses the global Living Planet Index as a measure of the health of almost 8,000 populations of more than 2,500 species.

The global Index shows a decrease by 30 per cent since 1970, with the tropics hardest hit showing a 60 per cent decline in less than 40 years.

"There is an alarming rate of biodiversity loss in low-income, often tropical countries while the developed world is living in a false paradise, fuelled by excessive consumption and high carbon emissions," said Jim Leape, Director General of WWF International.

While the report shows some promising recovery by populations of species in temperate areas, thanks in part to greater conservation efforts and improvements in pollution and waste control, tracked populations of freshwater tropical species have fallen by nearly 70 per cent – greater than any species' decline measured on land or in our oceans.

The Ecological Footprint, one of the indicators used in the report, shows that our demand on natural resources has doubled since 1966 and we're using the equivalent of 1.5 planets to support our activities. If we continue living beyond the Earth's limits, by 2030 we'll need the equivalent of two planets' productive ca-

pacity to meet our annual demands.

"The report shows that continuation of the current consumption trends will lead us to the point of no return," added Leape. A total of "4.5 Earths would be required to support a global population living like an average resident of the US."

The top 10 countries with the biggest Ecological Footprint per person are the United Arab Emirates, Qatar, Denmark, Belgium, United States, Estonia, Canada, Australia, Kuwait and Ireland.

The 31 OECD countries, which include Portugal, account for nearly 40 per cent of the global footprint.

While there are twice as many people living in BRIC countries – Brazil, Russia, India and China – as there are in OECD countries, the report shows the current rate of per-person footprint within the BRIC countries puts them on a trajectory to overtake the OECD bloc if they follow the same development path.

"Countries that maintain high levels of resource dependence are putting their own economies at risk," said Mathis Wackernagel, President of the Global Footprint Network. "Those countries that are able to provide the highest quality of life on the lowest amount of ecological demand will not only serve the global interest, they will be the leaders in a resource-constrained world."

The Report outlines solutions needed to ensure the Earth can sustain a global population projected to pass nine billion in 2050, and pointed to choices critical to reducing footprints, as well as improved efforts to value and invest in our natural capital.

"The challenge posed by the Living Planet Report is clear," said Leape. "Somehow we need to find a way to meet the needs of a growing and increasingly prosperous population within the resources of this one planet. All of us have to find a way to make better choices in what we consume and how we produce and use energy."

Photo above right: The Bragança fire department deliver water to a cottage in Coelhosó village to help with general shortages. (Photo: Lusa / Manuel Teles)



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Hundreds of thousands of homes for sale in capital



Almost 140,000 properties are currently on Lisbon's 'for sale' market, (Photo: Manuel de Almeida / Lusa)

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Almost 140,000 properties are currently on Lisbon's 'for sale' market, 34 percent of which (around 47,000 properties) are new-builds.

In total there are approximately 138,000 properties presently up for sale in the metropolitan area of Lisbon. Of those more than half (66 percent) are 'used' homes.

During the second quarter of this year (April to June) 12,000 properties were bought.

According to real estate experts *Confidencial Imobiliário Lardocelar.com*, in boroughs such as Sintra, Lisbon, Cascais and Oeiras, used homes represent more than 70 percent of all properties currently on the market.

In terms of dynamics, the secondhand residential market registered an absorption rate of 16 percent, the equivalent to the sale of 15,000 units, proving to be more in demand than

brand-new properties which experienced an absorption rate of only 14 percent, or 7,000 residences.

"This dynamic could mean that a sale of the property has been effected, but also that it could have been taken off the market by the owner", said Lardocelar.com. "Overall the average price for a 100 square metre property situated within the Metropolitan Area of Lisbon is, this quarter (October to December), 177,000; new properties cost an average €196,000 and secondhand residences €167,000."

Lisbon city is the most expensive area within the region's 'metropolitan' boundaries, registering an average price of €2,631.00 per square metre.

This is followed by the rest of Lisbon, Cascais and Oeiras, where prices average €2,500, €2,100 and €2,000 per square metre respectively.

Women make gains in World Economic Forum gender equality ranking

Portugal has climbed 14 slots in the World Economic Forum's ranking of gender equality to be placed 32nd out of 134 countries reviewed.

The annual forum report released on Tuesday attributed Portugal's gains since 2009 mainly to the increased presence of women in the labour force and in government.

Iceland tops the world ranking, while Yemen sits in last place.

Spain, Portugal's neighbour, was ranked 11th.

Chamber of Commerce president says companies must seek opportunities in Lusophone countries



Portugal must use its "competitive advantages" to seek business opportunities in Lusophone countries, Portugal-Angola Chamber of Commerce President Carlos Bayan told Lusa News Agency.

"We know that many countries around the world are feeling the effects of the financial crisis, even Lusophone ones, but we must take advantage of competitive advantages", Mr. Bayan said.

He also called on Portuguese companies to make "triangular operations", investments linking three different countries, instead of only focusing on bilateral ties.

The Chamber of Commerce

president added that a major "competitive advantage" for Portuguese companies operating in Lusophone markets is the "common language" shared by them.

TPN/Lusa

QROPS

A QROPS is an overseas pension scheme into which UK private pension rights can be transferred. UK non-residents, or those planning to become non-resident in the next 12 months, can apply to transfer their pension scheme into a QROPS. Applicants must be between 18 and 75.

The scheme has to meet certain criteria set out by HM Revenue and Customs (HMRC) and act as if it were a UK scheme for QROPS members who have been resident in the UK at any time in the previous five tax years.

A QROPS transfer is not subject to taxation unless it exceeds lifetime allowances, currently £1.8 million (in 2010/2011 tax year).

Advantages of QROPS

A QROPS can offer significant taxation and investment advantages, allowing many UK pension holders to get more out of their UK pension. It provides:

- greater control over where your pension fund is invested
- tax efficiency – you may be able to substantially reduce the tax that you would have to pay when accessing your pension
- inheritance benefits – you can pass on your pension pot to your beneficiary upon death
- simplicity - numerous pensions can be consolidated into one QROPS.

The key attraction of transferring UK pension rights to a

QROPS for those who have been non-UK resident for at least five tax years is that the pension fund becomes subject to some of the laws of the relevant overseas jurisdiction.

Since the Finance Act (2008), the argument for the expat transferring UK pension rights to a QROPS has become even more compelling.

Among other advantages is, for example, the fact that the UK requirement to purchase an annuity by age 75 (or be faced with the prospect of a possible 82% tax charge) no longer applies (although this is currently under review and the final outcome is unclear).

In addition, QROPS are free from UK inheritance tax (IHT), leaving more for the beneficiaries in the event of death.

As QROPS providers in multiple jurisdictions, with an expert team of advisors who have many years' experience of administering pension schemes, we'll help you understand the options available to you.

And if we think that Gibraltar is not the right place for your QROPS, we are able to advise on alternative jurisdictions.

Knowing Your QROPS From Your QNUPS

QNUPS (Qualifying Non-UK Pension Schemes) Regulations [SI/2010/0051] were introduced by HMRC on 15 February 2010 to give IHT protection for pension funds from the UK that were transferred to a QROPS.

The rule change rectified a problem with the Finance Act 2004 which meant that pension funds transferred into a QROPS would become liable to UK IHT.

The move essentially means that a QNUPS has to meet the same requirements as a QROPS but, unlike a QROPS, a QNUPS does not have to be registered with HMRC.

This means that all assets and contributions paid into a QNUPS, and pensions transferred from the UK, are free of UK IHT.

Whilst a QROPS is by definition a QNUPS, a QNUPS doesn't have to be a QROPS and can offer further advantages to UK taxpayers, offering a wider range of investments.

It is important to note that, whilst non-investment regulated QROPS can be transferred to a QNUPS, regulated QROPS face a 55% charge for an unauthorised payment, so regulated QROPS must first be moved into a non-regulated QROPS before the transfer to a QNUPS.

QNUPS are available to people who are either UK resident, or resident elsewhere in the world but have retained their UK domicile status for IHT.

Essentially, QNUPS can offer a substantial tax planning opportunity, particularly for HNWIs, whether resident in the UK or not.

Chávez expected to buy new batch of 'Magellan' computers



Hugo Chávez expects to purchase a new batch of 'Magellan' laptop computers during an upcoming trip to Lisbon, the Venezuelan President announced in a televised address.

President Chávez began a two-week trip on Thursday in which he will visit Russia, Belarus, the Ukraine, Iran, Syria and Portugal. The exact date of his trip to Lisbon has not been disclosed yet.

"In Portugal, we will review our working relations, refine some agreements. We're working to-

wards acquiring a new batch of Canaima computers [the Venezuelan name for the 'Magellan' equipment] and we're looking to create a new factory [in Venezuela] to build these computers for children", Chávez said in a speech.

The "Magellan", a mass-produced laptop computer geared towards school children, is a sig-

nature project of Portuguese Prime Minister José Sócrates' government. Chávez has shown great enthusiasm for the 'Magellan' project.

"We will also talk about housing. We have a preliminary agreement to build here around 10,000 homes with Portuguese companies", Chávez added. *TPN/Lusa*

Portuguese struggle to save

Results from a pioneering survey launched by the Bank of Portugal and published this week have revealed that only 52 percent of Portuguese account-holders manage to make savings, with the majority of the remaining respondents claiming their income is not sufficient to put any aside.

Of the 48 percent of citizens who admitted they do not make savings, 88 percent said it was because their income was not enough to do so; seven percent replied that they did not make savings as it was 'not a priority', and five percent gave a different reason.

The survey was based on 94 questions poised to interviewees aged 16 and over, throughout February and March 2010. It was conducted by Eurosondagem

and allows a margin for error of 2.2 percent and a probability of 95 percent.

Of the 52 percent of Portuguese who do say they manage to make savings, just over half claim to save on a regular basis.

"The percentage of respondents who affirm they can make savings is amongst the lowest registered in the countries that have carried out this type of survey," said Carlos Costa, head of the Bank of Portugal.

Portugal is on a par with the USA (also 52 percent) and Holland, where 58 percent of Dutch said they managed to make savings, in comparison to New Zealand (71 percent) or 82 percent in Australia.

The Bank of Portugal said that "even though these results are not

very surprising, in comparison to other 'national saving rate' statistics, the Portuguese results are relatively low, but the results from the survey cannot be used to reach conclusions about the volume of national savings" because the questions asked did not include how much was saved or how regularly savings were deposited.

Of the Portuguese who said they did manage to save something, most said it would be left to spend at a later date; 58 percent replied that they put spare cash aside as a precaution, in case of unexpected debts, 14 percent said it was as a means of accumulating wealth, and 15 percent said it was to pay for relatively immediate expenses, such as holidays and travel.



Prime Minister Jose Socrates exchanges views with one child who received the new version of the Magellan computer during a visit to the Mouriz school in Paredes on September 8th. (Photo: José Coelho / Lusa)

Taxation of Pensions in Portugal

Part n° 3 - Social Security "Old Age" Pensions - General Principles by Dennis Swing Greene.

This is the 3d of a 5-part series on assessment of Private, Social Security and Public Pensions in Portugal

Old-age pensions are among the most important of the many Social Security benefits that act as a safety net to protect citizens at times of vulnerability. It is only natural that those wishing to live and work abroad will want to have a clear idea about the consequences for their future pension rights before taking a final decision to move to another country in the European Economic Area. In particular, everyone needs answers to certain key questions:

What will happen to contributions paid so far?

Which Country will pay my pension?

Can my pension be paid anywhere without being reduced or suspended?

Only if certainty exists that the community provisions for Social Security benefits provide satisfactory answers will citizens be truly ready and able to exercise their right to freedom of movement anywhere throughout Europe.

General Principles

The following basic principles apply to those who leave work in one country and con-

tinue their professional activities in another:

- In every country where you have been insured by Social Security, records are preserved until you reach pensionable age. In short, contributions paid are neither transferred to another country nor paid out to you if you are no longer insured in that country.

- Every country where you have been insured for at least one year will have to pay an old age pension when you reach pensionable age. For example, if you have worked in three countries, you will get three separate old age pensions once you reach pensionable age.

- This pension will be calculated according to the number of years that you worked in that country. If you were insured there over a period of many years, you will receive a relatively 'high' pension. If not, your pension will be relatively 'low'.

What happens if you work in a country for less than a year? Will you lose any contributions paid there?

The answer is "no", although this is best illustrated by example: You were insured in Belgium for 10 months, in Germany for 9 months and in France for 15 years, then finished your working life in

Italy, where you made contributions for 7 years.

Your months of insurance in Belgium and Germany will not be lost. It is Italy, your final country of employment, which will take over the 10 months from Belgium and the 9 months from Germany. This solution guarantees that nobody will be disadvantaged by having worked in several countries. No contributions are lost, acquired rights are protected, and every country will pay a pension corresponding to the insurance periods completed there.

The result is not just in the interest of migrant workers but also in the interest of the Member States, in that every country pays neither more nor less than the pension which has been "earned" by the contributions of the worker.

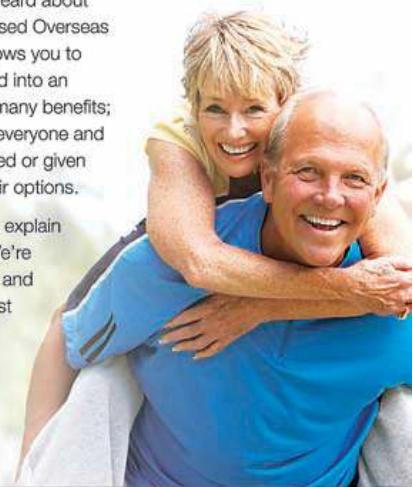
Next - Part n°4: Social Security Pensions: Comprehensive Rules

Dennis Swing Greene is Chairman and International Fiscal Consultant for euroFINESCO s.a. Private consultations can be scheduled in Guia (Albufeira) 289561333, Lisbon (Chiado) 21342421 and in Funchal (Sé), Madeira 291221095, by e-mail at info@eurofinesco.com or on the internet at www.eurofinesco.com.

Transferring your UK pension to QROPS? Make sure you get the right advice

As an expat, you may have heard about QROPS - Qualifying Recognised Overseas Pension Scheme - which allows you to transfer your UK pension fund into an international scheme. It has many benefits; however, it's not suitable for everyone and many expats have been misled or given the wrong information on their options.

Our advisers take the time to explain everything in plain English. We're Chartered Financial Planners and fully regulated, so you can rest assured that we have the necessary experience and qualifications to advise you.



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New staff at Premier FX

Premier FX Currency Exchange Specialists based in Almancil welcome both Melanie Attwater and Sharon Wilson to their existing team. Melanie joins the traders in the dealing room as a Client Account Manager. She moved to Portugal earlier this year and is a Spanish/Business graduate from Leeds University. Melanie says "It's been great joining Premier and to be a part of such a professional and friendly team. I am really enjoying living here in the Algarve and gaining fluency with my Portuguese. It makes a welcome change from working in 'The City'."

Sharon will be based in the Vale De Pinta office near Carvoeiro looking after Business Development and servicing the ever expanding client base towards Lagoa and Portimão. Also only

recently relocating to Portugal, Sharon worked as a BDM for The Training Exchange for many years and was Business and Operations Manager for Right4Training. Director Philippa Rowat said "Both Melanie and Sharon have strong sales and customer services backgrounds and have settled in very well with the existing staff. We are finding that in the current economic climate everyone wants to save as much money as possible and therefore are more inclined to find out about our services. Our client base is increasing every week hence the need to strengthen our existing team."

If you want to find out more information about how Premier FX can assist you please call today on +351 289 358 511 or visit the website www.premfx.com.



New gift shop in Portimão

Lembra-te de mim (Remember me...) is a new store in Portimão specialising in invitations and souvenirs for parties and events and also personalized gifts.

Their aim is to make your gifts unforgettable and they have come up with new ways of giving a presents which will really surprise the person to whom you want to show affection.

They have "Love Baskets" to deliver to the home or any other place you wish (like a beach, restaurant, hotel even at work).

There are thematic baskets such as the breakfast basket, birthday basket, romantic basket, all of them gloriously decorated with fresh flowers. Or they

can make the basket however you wish.

They also have Wine and Christmas Baskets.

The shop is open every Monday and Thursday from 10am to 6pm, but because "Lembra-te de mim" are different and all their clients are special, you can contact them any hour or day of the week. In this way they can dedicate all their attention to your surprise gift.

Find this new and fascinating shop at Quinta da Malata - R. Poeta João Braz, lt4, lj4, 8500-720 Portimão, Tel: 96 11 79 000, email: lembra.te.de.mim2010@gmail.com, <http://l e m b r a t e d e m i m - portimao.blogspot.com/>

QM Country Shop & Garden Centre

QM has been under the new direction and management of Malcolm & Isobel for 2½ years. With their young family they moved from the West coast of Scotland. With a retail background they have applied their experience to transform and push the business into new areas of activity which are not normally associated with a typical Algarve Garden Centre.

QM is now a very different retail experience for all to come and discover. Malcolm likes to think of it as more of a relaxed and informal space carrying a large, diverse and ever increasing and changing stock profile that has the something for everyone factor. QM is not just another Garden Centre selling Plants and Pots! Working with a variety of mainly UK suppliers they also stock fantastic variety of outdoor and indoor metal wall art, greeting cards, books, gifts, teak sculpture, outdoor furniture and home and garden accessories, not

to mention a huge range of UK favourite food brands. Whilst all this, arriving soon are Christmas crackers, cards (boxed and personal) and wrap. Soon they will also be selling indoor plants, orchids and fresh flowers. There is also a mini 18 hole crazy golf course to enjoy at only 3 Euros for the adults and children play for half price!

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Sara Laine Hair welcomes new stylist

Sara Laine Hair in Lagos has been trading for almost two years and the staff and management are all very happy with the success of their salon.

Now they are pleased to welcome a new addition to the team an experienced international stylist Paul John Hall.

Paul grew up in South Africa and Namibia, where he first trained as a hairdresser and worked for Partners Hair Design and trained with Toni and Guy before later going onto manage the salon.

At the age of 28, Paul returned to the UK, working in various salons in London, Nottingham and Bristol, where he was employed by Bristol Barber Company.

To explore his creativity and hair art skills, Paul then moved to

Amsterdam where he worked creatively for L'Oreal and for Kinki Kappers and eventually went to own his own franchise while also learning to speak Dutch.

Paul, his partner and their young son have now moved to Portugal and the hairdressing skills of Paul can now be found in the Sara Laine Hair salon in Lagos.

In celebration of Paul's move to the salon, all clients that make an appointment with Paul are being offered a 20 percent discount on all colour technicals upon presentation of this article.

For further information about Sara Laine Hair in Lagos, please call on 282 792 325 or visit the salon located on Rua Dr. José Francisco Matos Nunes da Silva.



Woodwarm-Algarve does a "double take"

Firstly, what a glorious summer with sizzling days and hot nights, and not even a hint of moisture in the air. But now the corner has turned and the autumn season is upon us all. With our first 'real rain' two weeks ago, memories of last winter came flooding back to most of us.

Thoughts turned towards winter and dampness, especially for those living part time here who returned to houses dripping with dampness and with no real chance to dry out. However, Woodwarm can help with their extensive range of top quality woodburning stoves.

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Just give Jason a call on 282 444 305 or 916713026 to discuss your needs, or email jason@woodwarm-algarve.com.

More poverty and hunger: bleak predictions for 2011

 Carrie-Marie Bratley

Welfare organisations and charities fear that next year's austerity measures could worsen the scenario for families who are already living on the breadline and will aggravate their poverty and hunger.

Reports in national newspapers, statistics and studies seem to confirm a general consensus that if 2010 was a tough year financially, but 2011 could be much worse.

Cuts to social welfare subsidies, increased VAT taxes and rising unemployment threaten to further exacerbate the bleak scenario that charitable institutions fight to restrain.

Worries are that looming austerity measures could finish off struggling households, plunging families into poverty and hunger.

"We are at the beginning of a very negative cycle. I believe 2011 will be much worse" Manuel Lemos, President of the Union for Portuguese 'Misericórdias' (charitable institutions) and former head of the National Committee for the Fight Against Poverty, told national newspaper *Jornal de Notícias* (JN).

"Poverty in Portugal is not part of a conjuncture. Twenty years ago poverty already affected 20 percent of the Portuguese population. Meanwhile, millions of euros have been spent on helping the poor and the problem persists", he criticised.

Isabel Jonet, President of the Portuguese Food Bank Federation stressed, "The neediest people will go through a bad time with the cuts to social welfare subsidies and the rise in taxes on primary goods, such as food. Take for example tinned food, on which tax will be increased from 13 percent to 23 percent".



People taking part in a march against poverty in Coimbra on October 17th (Photo: Lusa / Paulo Novais)

people will go through a bad time with the cuts to social welfare subsidies and the rise in taxes on primary goods, such as food. Take for example tinned food, on which tax will be increased from 13 percent to 23 percent".

In November last year Isabel Jonet told *The Portugal News* that the Food Banks' monthly distributions were already thinning out. "We give out food packages but there are fewer products in them", she explained.

Regarding the crisis, she added, "It [the crisis] has affected us in

two distinct ways; firstly in the noticeable rise of requests from individuals and intuitions, and secondly in the reduction of donations and the type of donations that we receive from various companies, who have had to reduce their stock to correspond with current circumstances".

"We are receiving less essential and basic goods and more non-essential products", she concluded.

Isabel Jonet spoke to *The Portugal News* on Wednesday this week. Addressing the upcoming

months she said, "The overview is not good, there is no point beat-ing about the bush".

She added that, in order to help the needy "there must be a larger number of people who want and are able to help."

By the end of last year the Food Bank Federation was providing for some 250,000 people. It currently feeds 282,000 people, a growth of 32,000 people in 10 months, with food parcels now being distributed via 1,800 institutions.

Eugenio Fonseca, President

of Catholic-church run charity Cáritas, confirmed: "The lower-medium classes and the poor will be the worst punished by the austerity measures", and was unhesitant in adding "the times ahead will be the toughest."

"We don't know yet what changes will be made to the State Budget, but they certainly won't improve the lives of those who are already suffering the consequences of the Programme of Stability and Growth", he concluded.

Last year Eugenio Fonseca told *The Portugal News* that the

number of people seeking Caritas' help during 2009 had risen, on average, by 30 percent all over Portugal, and in some places by as much as 40 percent.

This week João Fernandes, head of non-governmental organisation Oikos, a non-profit-making association for cooperation and development, explained to JN "Hunger in Portugal is not the same as Africa or in other developing countries, but there are serious needs.

"There is a correlation between the economic crisis and the rise in obesity because fatty foods, which are high in calories and not healthy, are the most consumed".

The 'Businessmen for Social Inclusion' organisation found that 12 percent of schoolchildren go to school on empty stomachs.

Eugenio Fonseca stressed that "there are a large number of families that are dependent on welfare institutions to have a decent meal".

In Isabel Jonet's opinion, the problem of hunger is not just caused by the lack of economic resources to buy quality foods, but it also lies in families' inability to "establish priorities".

Manuel Lemos backed that opinion, saying "Poverty is mainly the incapacity to manage resources".

Last year the 17 national depots that make up Portugal's Food Bank registered a 15 percent increase in the amount of food that it distributed, in comparison to 2008, distributing an estimated 23,000 tons of food in 2009, significantly more than the 17,500 tons handed out in 2008.

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Archive photo showing David Beckham arriving at the International Ruber hospital in Madrid with a bunch of flowers for his wife Victoria who gave birth on Sunday 20 February 2005 to their third son, Cruz, who weighed 3.2 kg. The baby was born by Caesarian section. (Photo: EPA/Victor Lerena)

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Northern health authorities look to reduce caesareans in Portugal



Experts have revealed that soon almost 35 percent of births in Portugal will be delivered by caesarean section, based on figures from both private and public hospitals, placing Portugal amongst the countries with the highest number of c-section births in Europe.

Data from public hospitals show that in 2009 caesarean deliveries made up 33.2 percent of all births, while figures from 2005 showed that private hospitals had a caesarean delivery rate of more than 65 percent.

Based on these figures a committee dedicated to reducing the number of caesarean sections performed, which is part of the Northern Regional Health Board, concluded that the global rate of caesareans carried out in Portugal is around 36 percent.

In 2007 Portugal registered the second highest number of caesareans, surpassed only by Italy.

"All remaining European countries have rates that are no higher than 30 percent and several countries have rates that are lower than 20 percent" a statement from the committee read.

The document proposed ten steps to reduce the number of surgical deliveries.

In northern European countries, such as Sweden, Finland and Norway, the amount of caesareans performed is lower than 17 percent, and in Hungary just 14 percent of births are delivered via the surgery.

Experts reiterated that c-section births involve additional risks to mothers, more specifically entailing a greater possibility of thromboembolisms, haemorrhages and infections.

An official source from the Ministry of Health recently told

Lusa News Agency that because of the increased risks the authorities are, in fact, studying a proposal to go forth with a campaign to clarify the clinical risks that a caesarean could entail.

The campaign will also aim to demystify the misconceptions surrounding natural labour and birth and the pain that comes with it.

According to the same source the health authorities are also going to analyse proposals from the committee to reduce the number of caesareans being carried out.

Meanwhile the Minister of Health has also acknowledged that Portugal needs to lower its c-section birth rate, even in some public hospitals, though she refuted suggestions this may be a measure driven by economic motives.

"It is not by pronouncement that caesareans will drop. It is by involving professionals, analysing clinical practices and having very well defined criteria", Health Minister Ana Jorge said last week.

Statistics from the Northern Committee further revealed that "some hospitals from northern regions, such as the Médio Ave, Nordeste, Oporto, Póvoa do Varzim/Vila do Conde, Trás os Montes and Alto Douro and Matosinhos Hospitals have for the past three years been registering caesarean rates of over 40 percent".

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EU criticised over Madeira flood relief delay

It is "totally abnormal" that the Madeira regional government hasn't received any aid from the European Union since the February floods that killed 44, European People's Party (EPP) whip Joseph Daul said in Madeira's capital, Funchal.

Mr. Daul, speaking at the closing ceremony of an EPP meeting, said that the long delay in funds is "a serious failure" of European institutions.

"It's inconceivable that, when a humanitarian catastrophe occurs in an outside country, the European Union reacts immediately, while if the same happens in one of the 27 [EU countries] you have to wait for months", Mr. Daul said.

The EPP (centre-right, and the largest party in the European Parliament) whip added that the European Commission's explanation for the delay, related to financial control, is "not at all acceptable".

Mr. Daul said the EPP will "intervene with the Commission in order to speed up payments".

This comes shortly after the European Commission had said it may provide additional funds to aid Madeira's recovery from the floods.

EC President Durão Barroso

TPN/Lusa



Recovery operations after the floods in Madeira in March this year. (Photo: Lusa / Homem de Gouveia)

Thrifty tourists spending less, claims study

A survey carried out to assess how much tourists spent while on holiday in Portugal this summer has found that visitors were perceived to have been tighter with their cash this year than they were last summer.

As part of the 'barometer' carried out by the Tourism Academy around 150 people were asked whether they thought tourists this summer spent more, less or the same as they did last year.

More than half of those questioned (57.5 percent) answered that they thought this year's tourists were being thrifter and did not spend as much as they did in 2009.

A further 32.9 percent of those questioned said they thought tourists had spent 'the same' as they did last year while just 9.6 percent answered that tourist spending was greater this year.

Overall, "90.4 percent [of those surveyed] believe that tourists' average spending was the same or worse than it was in 2009", the barometer concluded.

The Institute for Tourism Planning and Development's 33rd barometer highlighted a rise in the number of tourists, nights spent in Portugal and tourism-generated revenue in comparison to last year's study.

Previsions for growth are "timid" a statement from the Institute said, adding that, despite the cautious predictions, the level of optimism, shown by the panel of respondents, in Portugal's tourism is still "within positive territory".

On a scale of 0 to 100, results showed that the average confidence index was situated at around 57.7 percentage points.

Notes from the Institute suggest that "the biggest challenge" for national tourism in 2011 is the reduction in spending power, which it described as the "biggest threat" to the growth of the sector throughout next year.

"Improving the promotion of tourism via events and maintaining investment through the development of marketing strategies are other solutions suggested by the participants [of the survey]", to boost tourism in the short-

term, the Institute concluded.

Recent figures from the National Statistics Institute indicate that tourism-generated revenue from this summer was around 291.8 million; nine percent more than in 2009.

Portuguese football mourns Malcolm Allison

Manchester City will pay tribute to Malcolm Allison, who died last week at the age of 83, at their Premier League home game against Arsenal on Sunday.

Working alongside the great Joe Mercer, Allison helped transform City into one of the most exciting sides in England. They won the league title in 1968, the FA Cup in 1969, and in 1970 the League Cup and European Cup Winners' Cup.

Allison, known for wearing a fedora and his love of cigars, spent most of his playing career as a centre half at West Ham, making 238 appearances (ten goals) in the 1950s.

However his playing career was cut short after suffering tuberculosis and losing a lung.

His coaching will always be regarded as ground-breaking and peerless, as Bobby Moore once remarked. "Malcolm had taught me everything I know. When he was coaching schoolboys he

took a liking to me when I don't think anyone else at West Ham saw anything special in me. I looked up to the man. It's not too strong to say I loved him."

He moved to Sporting in 1981 where he had immediate success, winning the league championship and Portuguese Cup.

'Big Mal' had great influence on José Mourinho when he worked with him at Vitória Sétubal from 1986-88. In 1988 he spent a short time as manager of SC Farense (Faro).

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Laptop Reliability



Overall, 20 percent of laptops fail after three years of use. When broken down into years, we can see that the first year – the only year most manufacturers cover (except in the EU) – has an only 4.7 percent chance of seeing a malfunction. By the second year the chance of failure has climbed to 12.7 percent.



If accidents are taken into account, the chance of failure increases to 31% over a three year period. The main source of the statistical information for this article comes from a company called SquareTrade. SquareTrade is a company which sells third party warranties. Their relationship to the laptop industry is like a car insurance company's relationship to the auto industry. SquareTrade has an interest in laptops becoming more reliable because it means they have to pay out less often. Their findings take failure data from a sample of over 30,000 laptops which SquareTrade's customers have warranted.

SquareTrade's findings are not to comment on manufacturers, but rather to comment on the fact that laptops are placed into a naturally more difficult environment than most consumer electronics,

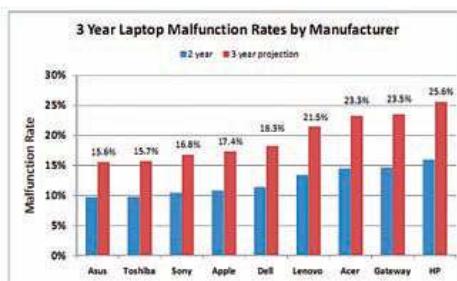
which sit in one place in the home and are unlikely to be knocked over or otherwise destroyed.

Still, the chance of laptop failure is much higher than with most consumer electronics. The chance of an HDTV (High Definition TV) failing, for example is generally less than 10% even after three years of use. There is essentially a 1 in 3 chance that any laptop you purchase will not still be working three years down the road.

Brand Matters in Laptop Reliability

Brand really, really matters when considering laptop reliability. The laptop reliability rating of the different manufacturers can be viewed in the graph below.

There is a significant difference of laptop reliability ratings between the leader, ASUS, and the loser, HP. In



vourable to netbooks. According to the information collected in the first year, netbooks are approximately 20% more likely to fail than a laptop within the first year of use. However, SquareTrade's statistical information is limited to one year, so this actually means that 5.8% of netbooks fail within one year compared to 4.7% of laptops. In a three year projection it is expected that 25.1% of netbooks will fail, but SquareTrade admits that this is a very rough projection.

There also is a big gap between the more reliable and less reliable manufacturers. The jump from Dell to Lenovo (IBM) is the largest gap in reliability on the graph. I'm sure many will be surprised by Lenovo's place on this graph considering Lenovo's reputation for durability. However, this data is for malfunctions only. Resistance to accidents is not a factor.

Netbooks Less Reliable – Premium Laptops More Reliable

In addition to looking at laptop reliability ratings, the SquareTrade findings also took

compared to someone who buys a product from ASUS or Toshiba. Considering that all laptops are expensive, this is an important consideration.

Another important fact is that laptops are generally unreliable, but not that unreliable that you need to purchase a third party warranty, particularly if you purchase a laptop from a reliable manufacturer. The 15% chance that an ASUS laptop will fail within three years is not substantial. In fact, I would not really worry unless I bought a laptop from a manufacturer with a three year chance of failure over 20%.

Finally, it can be said that netbooks will prove to be less reliable than normal laptops. Considering the prices of netbooks, this is not surprising. It is also reasonable to say that netbooks will be more vulnerable to accidents, as well, since they are meant to be portable but are not built to withstand lumps and bumps.



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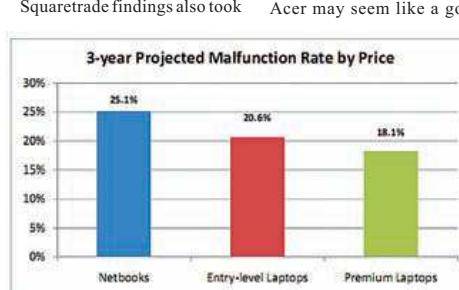
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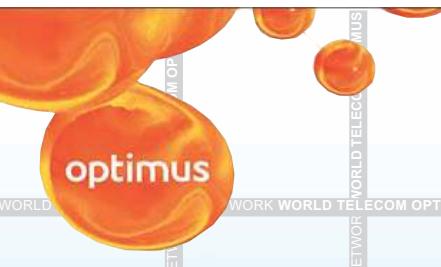


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a limited look at netbook reliability ratings.
The findings were not fa-

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US President Barack Obama speaks to the crowd at the Ohio State Oval on the campus of Ohio State University in Columbus, Ohio, USA 17 October. The president continues to make campaign appearances around the country stumping for candidates running for Congress in the upcoming mid-term elections which will be held 02 November. (Photo: EPA/Gary Gardiner)

Obama's Not-So-Bad November



About eight months ago I was visiting an old friend in San Francisco, and for reasons I couldn't then explain I found myself betting him and his son \$100 each that the Democrats would lose their majority in both houses of Congress in the US mid-term elections this November. It seemed like easy money to them then – surely the Democrats wouldn't lose the Senate – but I think they are going to owe me \$200.

Much is being made of this in the media at the moment: how disappointed Obama's former supporters are, how angry and mobilised the Republican "base" are, how extremely hostile to him the new Republican-controlled House and Senate will be. How can he be so calm about this? Why doesn't he get out there and fight?

Well, he has made a few fairly fiery speeches recently, but basically he knows speeches won't do much good. His supporters are disappointed because it has been a long, grim recession, and for most Americans it is still not over. Obama couldn't get another economic stimulus bill through Congress at this point even if he thought it was a good idea, so he can't hurry the recovery up.

Some of the people who voted Democratic in 2008 are also very cross because Obama has not brought American troops home

from Afghanistan as fast as they hoped, or hasn't got any legislation about climate change through Congress, but he can't deliver on those things this year either. All he actually has at his disposal is words, and they won't be enough to re-motivate disillusioned Democrats.

The Democrats lack all conviction, while the Republican base is filled with passionate intensity. Obama's approval rating of 44 percent is not especially low for a US president two years into his first term – Ronald Reagan and Bill Clinton were considerably lower at this point in their presidencies – but most of his supporters won't bother to vote in this election, while almost all of his enemies will.

If you really believe that your country has been hijacked by a Muslim Communist who was born in Kenya (or a cannibal troll who was born in Mordor, or whatever), then you will certainly get out and vote. If all of the retired white people vote, and only the usual mid-term proportion of all the other demographics does, then the Democrats will lose both houses of Congress. So why isn't Obama more worried about it?

He will certainly regret that so many long-serving Democratic senators and congressmen are going to lose their seats this autumn, but it really does not much matter to him who controls the Congress for the next two years. He can't hope to get any more legislation even through the current Congress since the Democrats lost their "super-majority" of 60 seats in the Senate last January, so what's the difference?

Nor does Obama actually have to get more legislation through Congress right now. It would be nice to have a tough climate-change bill, no doubt, but from a political point of view there is no new law that he simply must pass before he faces re-election himself in 2012. Indeed, he stands a very good chance of winning a second term in 2012, in large part because of what is going to happen this November.

Getting majorities in both houses of Congress will leave the Republicans nowhere to hide on the critical issue of cutting the huge federal deficit. They have already said that they will not raise taxes – even for those earning more than \$250,000 a year – and they have pledged not

to cut defence spending. What's left? The only other big-ticket items in the budget are entitlements: health care and pensions.

The United States has not yet gone through the painful debate about how to tame the deficit that has already happened in most European countries, but it will have to do so soon. That poses a particular problem for Republicans, because if they will not raise taxes on the rich or cut defence spending, then they have to support brutal cuts in health care and pensions or lose all credibility as deficit-cutters.

But cutting entitlements would alienate the Republicans' own most important demographic: older white people. They will not risk that. By contrast, the Democrats would not be alienating their own base if they cut defence spending and raise taxes on the rich, so they can be coherent and consistent on the topic. A Republican-controlled Congress may well come to be seen as an obstacle to fiscal responsibility even by many Republicans.

Make the further, quite reasonable assumptions that the US economy will be growing strongly again by 2012, and that US troops will be gone from Iraq and on their way out of Afghanistan, and you have a credible scenario in which the Democrats win back both houses of Congress as well as re-electing Barack Obama.

Meanwhile, Obama can veto any Republican attempt to repeal the legislation he has already got through Congress, and he will retain a free hand in foreign affairs. He could even try to get new legislation on immigration through Congress: it wouldn't pass, but he could thereby lock up the Latino vote. No wonder he looks calm.



Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

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Police officer kills wife with service gun



A PSP officer has been sentenced to 18 years in jail for killing his wife with his police gun.

The 43 year old policeman, who was sentenced by Sintra court shot his wife on October 8, 2009 in the parish of Belas. His sentence was read in court on October 6, 2010.

According to a police spokesman quoted by Lusa news agency, the PSP officer regularly

ill treated his partner.

"He was very jealous and that gave rise to the conflict. There was abuse. We found out that the neighbours were aware of shouting but never called the police," said the spokesman.

After the shooting, the officer called the police and gave himself up.

Requests triple for council housing in Lisbon



The number of requests for council housing in Lisbon have tripled this year, according to the town hall which had received around 4,700 requests up to the end of September.

Helena Roseta, housing councillor for Lisbon town hall revealed this month that between December 2009 and September 31 2010, 4,729 applications for council housing were made to her department, compared to 1,322 last year.

Of the applications received this year, the town hall accepted 2,873, according to the regulations, however so far only seven houses have

been supplied, with a further 20 due to be made available for families by mid-November.

According to Helena Roseta, the town hall was only able to hand out seven houses because many that were available were used for re-homing 132 families, especially those from the Bairro da Liberdade and from council houses that have become uninhabitable.

Russia's Medvedev to attend Lisbon summit with alliance

Russian President Dmitry Medvedev said this week he will attend a NATO-Russia summit in Lisbon next month.

"I want to announce that I will attend the Russia-NATO summit that will take place in Lisbon on November 20", the Russian leader said at a joint news conference after a trilateral meeting with French President Nicolas Sarkozy and German Chancellor Angela Merkel.

"I believe this will ease [the process] of reaching compromises and developing dialogue between the Russian Federation and the Atlantic Alliance",

TPN/Lusa

Medvedev added.

The bilateral summit will coincide with an APEC alliance meeting in the Portuguese capital November 19-20 where NATO is expected to adopt a new "strategic concept" for the coming decade and discuss the US-sponsored anti-missile shield initiative, a plan that has been opposed by Moscow.

Medvedev's announcement was "good news", Merkel said.

Sarkozy said he was confident NATO and Moscow would reach agreement on an anti-missile shield "treaty".

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'Exclusive' disabled car park



Photo: Abilio Sousa / Lusa

A public car park in Lisbon was made 'exclusive' to disabled users earlier this month in what has been described as a random

act of vandalism.

According to EMEL, the company responsible for parking in the capital, every parking space in the

car park in Rua do Arsenal was

sprayed with a disabled users sign. EMEL spokesman, Diogo Fernandes Homem told Lusa

news agency that a complaint will be made to the relevant authorities as this was an act of vandalism.

Lisbon splashes out on Christmas lights



Lisbon town hall is spending more than €840,000 on this year's Christmas lights.

José Sá Fernandes, Lisbon's public space councillor presented the winning proposal from a Portuguese company, which was approved on Tuesday.

Lighting and outdoor furniture company J.C. Decaux Portugal, whose bid won this year's festive

lights contract proposed a cost of €699,125 plus IVA, which leads to the total cost of around €846,000. This however will only be paid from next year.

Despite the cost of this year's Christmas lights being more than €150,000 cheaper than last

year's, the proposal was only backed by the socialist party (PS), left wing party (BE) and six independent MPs.

The social democratic party (PSD) and people's party (CDS) abstained from the vote, while the green (PEV) and earth (MPT) parties both voted against the proposal.

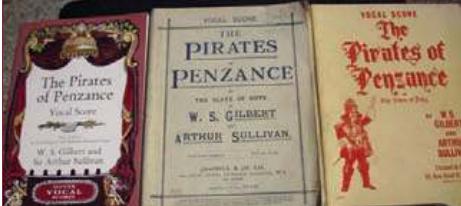
These parties argued that the cost was excessive during the

current economic crisis and were worried that if sponsors are allowed to join together then the lights could be overrun with logos and slogans as happened in 2008.

José Sá Fernandes said that he recognised the advertising problem, which will be kept under control if companies apply to sponsor only some of the lighting.

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Loulé heliport extended



Approval for the Loulé heliport to be extended.



Loulé town hall has approved an €800,000 project to extend and renovate the existing municipal heliport.

According to José Faisca, commander of the Loulé fire brigade: "the intention is to create conditions for Loulé to have permanent aircraft for security, protection and rescue operations."

A new building will be constructed at the site for staff who provide support to the heliport for the protection and rescue operations, namely the emergency medical helicopter which

has a 24 hour team.

He added: "rooms will be created for staff to work and bedrooms for them to rest as they have to be here for 24 hours a day. As such, the creation of this infra-structure will guarantee that staff can stay because at the moment they are in temporary accommodation, which doesn't have the minimum conditions acceptable."

This new U-shaped building will have two floors. The ground floor will include a reception and various offices, while the first floor will have the staff bedrooms.

As part of this project, Loulé town hall will sign a protocol with the Ministry of Internal Affairs

for Civil Protection (aircraft), which are used for search and rescue, fires and other emergency situations, to be stationed at the heliport.

"The protocol will also allow other security forces to use the site, such as the GNR and SEF," said José Faisca.

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Railway renewal on track for 2011 completion

 Renovation work on the Algarve's railway track is due to be completed in April 2011, according to the national rail company REFER.

Work on the third and final phase of the improvements, which started in September and will cost around €7.9 million includes the replacement of wooden railway sleepers for concrete ones, as well as the installation of new longer length track sections to reduce the number of rail joints and the reinforcement of the ballast along a 90 kilometre stretch.

The entire three phase project, of which the first two phases have been completed, began in 2008 and represents a total investment of €25 million.

In a statement, REFER said the investment will increase "the reliability and use, increase passenger comfort and make maintenance easier."

The company added that the entire renovation project is based on "regular and systematic inspections" carried out by the company, which showed that parts of the track needed renewing.

A section between Tunes and Faro has not been included in the renovation works because according to REFER it was modernised in 2004.

Silves castle stormed by robbers

More than €8,000 was stolen from the safe at Silves castle by robbers who forced an entry through the historic monument's back gate.

Silves Town Hall Mayor Isabel Soares said: "They didn't break anything; they knew where the safe was and did everything like professionals."

She added that despite the surveillance cameras at the site, the robbers were careful enough

to take the tapes with them as well as leaving practically no evidence with which to catch them.

Silves GNR registered the robbery, which has now been handed over to the PJ police for further investigation.

Tonnes of fish seized by authorities

More than three tonnes of fish have been seized by the coastal control unit of the GNR from Quarteira fishing port since the beginning of the year because of irregularities.

According to a GNR spokesman, the most recent

transgression took place on October 15 when 540 kilograms of fish was seized because the fishermen did not declare it at the docks.

"The fish was taken from the boat directly to the resellers, without any form of

sanitary control or taxation," said the GNR spokesman.

A total of 125 kilograms of fish from this latest apprehension were donated to charities,

following a veterinary inspection, while some was sold legally at the docks with the

funds being kept by the fishing and aquaculture authority.

Fish that did not pass the inspection were destroyed.

This year, the GNR has identified 33 individuals for illegal acts and handed out 48 fines at Quarteira port.

60

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STORES

12

RESTAURANTES
RESTAURANTS

6

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Attempted cork theft lands two in jail

Two men have been arrested by the GNR after attempting to steal around €25,000 worth of cork from a site in the parish of Salir in Loulé council.

According to a GNR statement, the theft was prevented by the owner of the land in Vimeiro, Salir, who surprised a group of four men who were preparing to load "a large quantity of cork" into two rented vans.

Two of the thieves escaped by car, while the other two tried to run away before being caught later in the morning by the GNR as they tried to buy clean clothes to replace the dirty and wet ones they were wearing.

One of the men immediately gave up, while the other injured an officer in an attempt to run away.

According to the GNR, this second man a 33 year old from Setubal, with a criminal record for murder, theft and robbery had a firearm, which had been stolen three years ago in Évora. He was later identified in court as a suspect in the case and made to present himself to the authorities at weekly intervals as well as being forbidden to leave his area of residency until his trial.

Meanwhile, his accomplice had 50 doses of hashish as well as the keys to one of the rented vans which was found to contain a shotgun, also believed to be stolen. Following a court hearing, he was identified as a suspect for attempted theft and released.

Faro mayor reaches out through Facebook

Faro mayor, Macário Correia is now using the social networking site Facebook to interact and respond to his constituents.

A spokesman from the town hall said that people who are interested in taking part in the initiative to ask questions, make criticisms or suggestions to the president through Facebook can now do so.

The first live session was due to take place for half an hour on Wednesday, while in future the mayor will be on the site to respond once a week.

Town hall spokesman Cristóvão Norte said that the main objective of this initiative is to "get closer to citizens to evaluate their perception of the town hall's decisions and to get the people of Faro more actively involved in decisions that affect the council."

He added that this real time interactivity through Facebook "will be an open window to the population of Faro."

To find the mayor's profile, simply search for José Macário Correia on Facebook.



Archive picture of Faro Mayor, Macário Correia, when he took part in the 'Let's clean up Faro' campaign to clean up the environment, back in December 2009. (Photo: Luis Paper / Lusa)

Disgruntled worker bares all

A Ukrainian builder was arrested by the GNR after carrying out a naked protest on the EN125 oversix months of delayed wages.

Sergiy Fischenko, who has been working on the construction of a hotel in Quinta do Lago, told Lusa News Agency: "I have three children in the Ukraine and I need the six months worth of wages that I am owed."

The 40-year old Ukrainian immigrant who works for VDV Protrata, which is currently building the Conrad Algarve Palácio da Quinta Hotel promoted by Grupo Imocom, was taken into police custody for two hours after undressing in front of his company's office along the EN125 in protest.

As well as Sergiy, a further six

construction workers from the same company also claimed in comments to Lusa that they are due six months wages.

Boris Vandervoort, a director of VDV Protrata told the news agency that there are seven employees "whose wages have been delayed for six months" because "of a lack of payment from clients."

He added that once the clients have paid the company, then paying the workers wages will be a top priority because "we feel for them."

Gilberto Neves, an employee for the past eight years said that payment had never been a problem until April 2009, "when things started to go backwards," and now he is also owed six months wages.

Meanwhile, Sergiy Fischenko said that he will continue his protest and only leave the front of the VDV Protrata office either in an ambulance or with his wages in his hand.

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Algarve historic festival success



The historic F1 race was just one of 10 classic and historic car races to take place at the motor park during the weekend event on October 16 and 17.



Peter Meyrick was named the 2010 historic F1 champion during the Algarve Historic Festival at the Algarve Motor Park.

The historic F1 race was just one of 10 classic and historic car races to take place at the motor park during the weekend event on October 16 and 17.

Among some of the most renowned figures of the automobile world was Maria Teresa Filippis, the first woman to drive a F1 car.

Maria Filippis, who at 83 years of age was a guest of honour at the event, first started her career aged 22 in 1948 and challenged other racers in five F1 championships in the 1958/1959 season at the wheel of a Maserati 250F.

"Despite being a woman, I was always well liked. Everyone helped me to prepare for the races," she said, adding: "motorsport was much more dangerous back then but I was never afraid."

"This event has very special characteristics and attracts a specific public. It's a very interesting event," said Paulo Pinheiro, CEO of Parkalgar, which manages the Algarve Motor Park.

The Algarve Historic Festival, which attracted around 300 participants, is once again due to be hosted at the motor park in 2011.

Faro palms face death

The threat of the red palm weevil led Faro town hall to order the destruction of several palm trees in the council earlier this month.

Among the trees destroyed were some located along Avenida 5 de Outubro in the city centre and two which were more than 100 years old located near the exit towards Olhão.

Despite the weevils having affected palms across the region for more than a year, Faro town hall does not believe that the situation is out of control.

A spokesman from Faro town hall said: "We are fighting against the situation; however the treatment is not 100 per cent efficient. The chemical products are extremely expensive."

The town hall also recognises the problem of palms that are on private land.

"If these are not treated, it's complicated because the red palm weevil can fly up to four or five kilometres from palm to palm," said the spokesman.

A female red palm weevil can lay up to 400 eggs as often as four times a year. Once the larvae hatch, they feed on the inside of the tree, causing its eventual death.

This plague has spread throughout the Algarve, with cases having been identified in several councils by the regional agricultural authority.

Lack of licences forces private Albufeira hospital to close



Albufeira-based Hospital Internacional do Algarve, which was partially opened in August by the Trofa Saúde will now close due to a lack of any licenses.

Museum staff save pensioner from drowning



A 77 year old man was saved from drowning by staff from the Portimão museum after he fell into the Arade River on Monday, October 18.

According to Portimão's port commander, the man fell from the museum who saw him fall, the man was transported to the Barlavento Hospital, where he was later placed in intensive care.

After being saved by staff

from the museum who saw him fall, the man was transported to the Barlavento Hospital, where he was later placed in intensive care.

According to Trofa Saúde, several departments including the operating theatre and emergency rooms should have been open by this month, however "difficulties in obtaining the necessary licences, delays in the arrival of equipment and delays in the completion of finishing's to the building" have hampered progress.

In a statement, the health company explained that due to the inability to open the rel-

event departments on time, those services that were already functioning are highly limited, so the entire hospital will be closed.

Trofa Saúde is keen to resolve the outstanding issues quickly and hopes to fully inaugurate the hospital in "a short space of time."

Albufeira mayor, Desidério Silva told Lusa news agency: "I don't know the reasons that led to this situation, but it is a

shame because of the importance of this unit."

He added: "For the population as well as for the thousands of tourists who visit us each year, it is a loss of a space that would without a doubt contribute to an increase in the quality of life within the council."

The Hospital Internacional do Algarve, which is located in Montechoro represents an investment of more than €22 million.

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Even though Angela has now taken a different role within the company and is more of a 'silent partner', her dearest friend and colleague Lori is now the 'hands-on' in the business.

Lori met Angela nine years ago; shortly after they started working together and has now progressed from the spare room in the family home to a workroom and fabric showroom in Odiaxere, a village just outside of Lagos. Lori has been designing and creating from a very young age on her mother's sewing machine, and then she progressed within the trade and was designing for names like Camel, Oasis, Gortex, Laura Bertolucci and other various well known brands.

The business specialises in working with clients throughout the Algarve, helping them to realise their own vision of how they want their home to look, offering experienced advice and suggestions. Quality and excellence are most important for all those who work with Angela and Lori as part of the team.

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sential facets of your home is the window dressing. From swags and pelmets to simple voiles, Angela Marshall Interiors can offer a sunburst of vibrant colours, from natural terracotta to bright turquoise, or a combination of both.

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Curtains are made to measure with eyelets or pinch pleats, also a ready-made range is now in stock, suiting every budget and requirement.

A professional re-upholsterer is also on hand as part of our small team, and can recover footstools, headboards and all antique furniture. Loose sofa and chair covers can be made to measure. For built-in concrete seating areas Angela Marshall's can make customised cushions in hardwearing suitable materials for commercial, garden and patio use.

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The 'One-bedroom' Apartment Linen pack includes: A pair of pillow cases, a fitted sheet, top sheet, valance, duvet cover (all for a double bed), a pack of hollow fibre pillows, a mattress protector, a bed runner and cushion, and a luxury bedspread. For the bathroom, it includes Egyptian cotton towels (500g), face cloths, a hand towel, a bath towel, a bathsheet, bath mat, rubber non-slip bath-mat, a plain shower curtain, and for the kitchen, a pack of three tea towels. The total cost for this pack is €399.

Learn Portuguese and get connected

The CLCC - Centre for Languages, Culture and Communication is a private institution, located in Portimão that has been in existence for 17 years. The company is officially recognised by DGERT (the institute that certifies the quality of schools in Portugal), the Ministry of Education and the British Council.

The CLCC also runs a translation department. It works with a large range of bilingual translators, from different countries; professionals that are specialized in different technical areas, always translating into their mother tongue.

Learn Portuguese

With foreigners in mind the CLCC has specialised in Portuguese for foreigners as well. Recognizing the challenges foreigners face in terms of integration and social adaptation, the CLCC focuses on conversation during the lessons. Several groups of students have already been studying for some time at the CLCC, practising conversation and learning more and more about Portuguese culture and language. Apart from studying the language, the groups also support each other and help each other find their way in Portugal.

Throughout the year you can attend

several Portuguese courses at the CLCC: Beginner, Intermediate, Advanced and Conversation classes, year-long as well as intensive and 2 month courses. All courses are taught by a specialized and qualified instructor; all the teachers are native speakers, but speak English and French or German. During the class the emphasis is on practising the language, using books and resources containing various reading, writing, grammar and oral exercises.

Last school year the CLCC organized cultural events, called 'Janela Aberta', open to all people eager to know more about the Portuguese language and culture. Some of these events were such a success that they will be organized again. A guided visit to the Portimão museum as well as the preparation of a 'dourada' (bought by the nearby fish-market) from D^a Julia are just two of the highlights the participants were very enthusiastic about.

On the October 26th (Tuesday) from 16h00 to 18h00 our Portuguese Teacher Prof. Paula will talk about her homeland, 'Açores-uma perola no Atlântico' and we will sample an 'Azorean Snack' at Café Chaffariz.

The price for this experience is €5 per person.

Linen Warehouse – quality all under one roof



Linen Warehouse, owned by Kathryn Owen and Michael Braidwood has been going from strength to strength since they began the venture in January, to provide excellent quality linen and towels.

With around 30 years of experience in the UK retail industry, as well as being manager of the home wares department of a large UK store, Kathryn decided to buy an existing company in the Algarve, which she and her partner have made their own.

"We were not coming to Portugal initially to do this but fate had a hand in it," said Kathryn, who after a few months of property renovation work went back to what she knew best.

Linen Warehouse specialises in having a vast quantity and wide range available of quality bed linen and tow-

els at very competitive prices, which customers can buy immediately.

The store, located in Almancil, sells duvets, duvet covers and sheets in various cotton thread counts, polycotton, towels, rugs, memory foam pillows and toppers, ready made curtains and voiles, among other products. They also deliver to customers across the Algarve.

"With the luggage weight limits and expense of even bringing a suitcase it is much easier now to buy everything you need under one roof," said Kathryn.

Linen Warehouse, which is located on the left hand side of the main roundabout at the entrance of Almancil, is open weekdays from 10h00 until 18h00 and on Saturdays from 10h00 until 17h00, without closing for lunch.

Chiropractic at a glance



Dr. António Teixeira is a USA-trained and qualified chiropractic specialist who since 2003 has been practicing in the Algarve.

He specialises in scientific and medical chiropractic.

After attaining a Doctorate in his field of choice he decided to return to his birthplace, the Algarve, to open his own practice. He is now based in Portimão.

Dr. Teixeira initially moved to the USA to pursue his studies in conventional cardiology but found himself increasingly drawn to chiropractic due to its intriguing dynamics.

Chiropractic is, in a nutshell, an intervention that emphasises diagnosis, treatment and prevention of disorders of the musculoskeletal system, particularly the spine, based on the belief that these disorders affect general health via joint subluxations and nerve root irritation. It is a non-invasive treatment that aims to directly target the root of problems and in some cases, if treated early enough, can help reduce or even eliminate the need for mainstream medicine or more radical procedures such as surgery.

Dr. Teixeira believes that the everyday stresses of life and daily routines can damage the natural balance of one's nervous system and, if left unattended, can cause increasing damage to general health.

When this happens, ailments such as headaches, nausea and general fatigue can occur, amongst a vast range of illnesses, as both the physi-

cal system and the immune system become weakened.

While activities such as hydro-gymnastics, yoga and meditation can help reduce the effects of daily toils, a preventative chiropractic session four to six times a year can also help keep undetected problems at bay.

For those who are already suffering ailments - the most common being back pain, neck and shoulder pain and tendinitis and often at an already acute stage - chiropractic works by, very broadly, restoring joint motion, to help improve joint health, stimulating the peripheral nervous system to improve nerve communication and restoring muscle function.

In this situation, depending on the severity of the problem, a treatment plan is tailored to each particular patient, designed to be as effective as possible in the shortest time possible.

Dr. Teixeira agrees that there are many misconceptions about chiropractic but is quick to stress that more and more people now see the treatment as a part of mainstream health care, as opposed to being an 'alternative'.

He reiterates "chiropractic can resolve so much without having to resort to painkillers and drugs".

And, he adds "chiropractors are not all the same", explaining how doctors' approaches can vary greatly, as can their methods of treatment.

Dr. Teixeira works by appointment only; his clinic is located in Portimão, near the new Finanças office.

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Lusitania Trophy



The winners with their trophies.

The Royal British Golf Society played, or rather, tried to compete, for the Lusitania Trophy on Wednesday, 6th October at Estoril. The earlier starters had to contend with heavy rain and heavy mist. The later flights were a little luckier as conditions improved slightly. Thirty five members and guests signed up to play but only an intrepid 20 players played and two of them retired on the 8th green!

Despite the conditions scores were reasonably good with Teresa Negrão winning the Trophy with 35 points and Captain Ron Goddard coming second, also with 35, on a countback. Third place was taken by Rich-

ard Evans, fourth by George Everett. A further countback left Peter Rydin to gain fifth place followed by Denys Stormont – both with 30 points.

The Nearest the Pin for the Ladies was won by Kate Scheier and Bill Buxton won for the Men but also qualified for the Cow Bell! Fathi Al-Khadra won the Newsstead Cup and the Mini-Cowbell (a bottle of Aguadente Velho) was awarded to Miquette Cook.

After an enjoyable lunch at the Club the Captain announced that the next competition- the Royal British Club Trophy- will be held on Tuesday, November 2nd and asked members to please note the change of date.

St. Andrew's Society Annual Ball

St. Andrew's Society of Lisbon is holding its Annual Ball on Saturday, 27th November.

As the autumn nights close in and the clocks "fall back", our thoughts turn to winter celebrations. For many Scots and their friends, festivities begin with St. Andrew's Day and here in Lisbon the Society is holding its annual Ball in the grand setting of the Palácio Hotel in Estoril. Last year's event, the celebration of the 75th anniversary of the Society, was a great success.

This year, guests will once again be greeted by pipers from the Grampian Police Pipe Band

who are flying in from Aberdeen to entertain us throughout the evening and after cocktails and dinner, revellers will be able to kick up their heels into the "wee sma' oors" to traditional tunes played by the Caerketton Ceilidh Band from St. Andrews. It promises to be a very lively evening so why not join us? Forget the winter blues, put on your dancing shoes!

For further information and bookings, contact our Secretary, Theresa Adams on 912 306 353 or consult our website: www.saintandrews.com.pt for general information.

CASA Social Club

This coming Sunday, 24th October the club is holding a Car Treasure Hunt, which is planned to start at the restaurant which used to be known as Sopa de Pedras on the N125 almost opposite the The Penina Hotel (Four Seasons to newcomers) starting at 1-30pm, following this a dinner at restaurant Estrela do Mar, Carvoeiro at 7.00 for 7-30pm, when trophies for first three places will be presented.

On November 8th to 12th some thirty members will enjoy the

Autumn Trip to Northern Portugal, a yearly trip to places of interest, this time organised by the Chairman Norman Thompson.

The following have also been put in place by the committee:

Saturday, 20th November at 7-30pm for 8-00pm - Barnard's Restaurant (Ferragudo)

Saturday, 11th December - Christmas Dinner at Bon Bon (Sesmarias)

Saturday, 15th January 2011
- After Hangover Dinner at Colina dos Mouros (Silves)

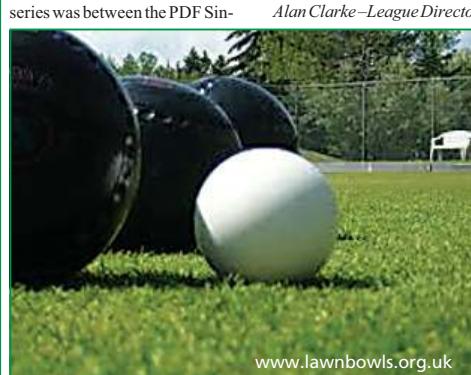
Bowls Algarve Winter League

Vikings Pillage Harlequins – Panthers mauled by Cats

Week two and already there are signs that this years' league title competition will be a very close fought thing, with several teams having genuine aspirations to take the crown from the Alvor Greens. The current champions were at home to the Alvor Gladiators and a very tight match saw the Greens edge home again by 52-47 and by 6 points to 2. Over at Tavira, the home Tigers played host to the Valverde Vulcans, both sides having made a winning start to their season last week. Tigers emerged victorious in another close encounter, winning by 55-43 and taking 6 points to 2. Alvor Harlequins have missed some key players and went down again to the visiting Valverde Vikings 59-51 and by 6 points to 2. Vikings recovering from a losing start last weekend.

This season also sees the introduction of a mens and ladies pairs, in addition to the existing mixed pairs, making a total of eight championships to play for. The Mid Week league starts up this coming week (played on Wednesdays) and we shall later be announcing the formats for the Super Tens and the Double Fours (Cameron Cup). So there is plenty to play for and a variety of formats for everyone. The very best of luck to all involved.

Alan Clarke – League Director



www.lawnbowls.org.uk

Project to renovate children's playground

A corporate social responsibility initiative to renovate the playground at the Children's Temporary Accommodation Centre in Tercena, Oeiras has for the second consecutive year been supported by Jardim Vista and SIC Esperança.

The Centre is currently home to 48 children, and its playground, the children's only recreation and relaxation outdoor area was a wreck. The objective was to return the space to the children after landscaping and installing new equipment and painting the surrounding walls. (See photo right)

Jardim Vista would like to thank its suppliers without whose help it would have been impossible to perform such an ambitious project, namely Play-Planet, which donated the Lappset playground apparatus, Camposol, Du Vitor, Sipqa and Útil Jardim.



Bike Rides

Saturday, 23rd October: Bike Ride starting at Forum Algarve in Faro. We meet here at 12.45pm for a 1.00pm start. This will be a challenging ride on a mixture of dirt tracks and tarmac roads. There will be a café stop somewhere along the way

Sunday, 24th October: Bike Ride starting in Loulé. We meet at the Reis do Pão cafe near Barclays bank just round the corner from Modelo. We meet here at 09.45 for 10.00 start. This will be a gently undulating ride on a mixture of dirt tracks and tarmac. There will be a cafe stop somewhere along the way.

Wednesday, 27th October: Bike Ride starting at Chilimans on the Almancil to Quarteira Road. We meet here at 5.00pm for a 5.15pm start. This will be a

fairly challenging ride of around 25km on a mixture of dirt tracks and also tarmac roads. There will be drinks and snacks afterwards at Chilimans

For more information call Paul Beesley on 913226954 or e-mail: paul.beesley@sapo.pt or visit 'Algarve Bike Rides' on Facebook.



Walking in the beautiful Algarve

Wednesday, October 27th - Let's Walk near Vila do Bispo

A superb walk (2.5hours) in the Cape St Vincent Natural Park just north of Vila do Bispo - through the countryside, along the cliffs and if the tide is right on the beach.

10.30am start. Take the EN 125 towards Sagres and exit for Vila do Bispo and Aljezur. Follow the signs for Aljezur and after 1.5km there is a sign to left 'Perímetro Florestal' - meet here, good parking.

Saturday, October 30th - Let's Walk from Benaciate

A brilliant walk through unknown countryside for 2 hours - this is a flat walk - no climbs! **14.00pm start** - meet at the cafe Benaciate. Exit the A22 for Algoz and drive into Algoz, once there follow the one way system and then take the road for SB Messines and Krazy World. After 7.5km turn left for Benaciate, drive through the village and the

cafe is in the centre on the right.

All are welcome - there is no need to book (there is a charge of €5 per walk some of which goes to aid children in the third world through a sponsorship programme with World Vision). Please wear comfortable shoes, bring some water and a sense of humour!

If you require more details or if it is raining please check that the walk is going ahead call: Dr. Julie Statham on 965753 033. See also: www.portugalwalks.com and www.pedalinportugal.com



St. Patrick's Society October Walk

The monthly 'Irish Walk' will be on Saturday, October 30th, meeting at Silves Station at 10:15 to catch a train to the starting point. Directions to the station: Take exit 6 from the A22 motorway, taking the Silves link road. After the tunnel go immediately right, following the 'Estação'

signs. Parking is at the station, which is on the right just before crossing the tracks.

The walk will take about 2½ hours, mainly following the river, and is not difficult. Lunch will be available afterwards. Contact Jim on 28243595 or 967780465 if needed.

At Remembrancetide – please 'keep the faith'

The Poppy Appeal takes place this year from Friday, 29th October to Saturday, 13th November 2010. The main Remembrance Service in the Algarve will start at 10.50am on Sunday, 14th November at St. Luke's Church, Palhaqueira, when wreaths will be laid by the British Consul in the Algarve, Clive Jewell, and members of the Algarve Branch of the Royal British Legion. There will also be a Remembrance Service at Praia da Luz (Nossa Senhora da Luz) Church at 12 noon.

The Chairman of the RBL Algarve Branch, Peter Wilkinson, says 'At Remembrancetide the British Community throughout the world remembers those who died for the freedom that we enjoy today, and the visible representation of that Remembrance is the wearing of a Poppy at

Remembrancetide, and the keeping of the Two Minute Silence.

There is no let up in the intensity of the fighting in Afghanistan, bringing inevitable casualties, and the Royal British Legion will be standing by our military and their families now, as we have through every conflict for the last 90 years.

Throughout the Algarve poppies are being distributed by a legion of supporters – please, if you can, give a little more for your poppy this year and help us beat the €21,000 raised last year.

As Moira Michael wrote in 1918 – "We caught the torch you threw and holding high, we kept the faith with those who died".

For more information about the Poppy Appeal or the Royal British Legion please tel. 919055959.

'Life's Like That!'



Some of the cast L to R: Vitor Severin, Maxine and Lara Costa, Lloyd Delderfield, Charlie Bedington, Barbara and Des Briggs.

Next week don't miss the latest production from The Algarveans Experimental Theatre Group when the talented cast take to the stage at the Lagoa Auditorium presenting a fun filled evening called 'Life's Like That!' From Wednesday 27th to

Friday 29th at 8pm enjoy an evening of comedy with many actors playing various character roles in two one act plays and two sketches, portraying the everyday incidents that happen to all of us along life's journey. Tickets cost only €5 and can be re-

served by e-mail at: algarveantickets@hotmail.com or by phoning 282789608 or 966507308.

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.com**

Garden Party and BBQ in aid of abandoned animals

The fundraisers for the Abandoned Animals Centre (previously Ayamonte Animal Rescue) invite you to a Garden Party and BBQ with drinks and music on Saturday, 30th October from 2pm at Pauline's house near Luz de Tavira.

Ticket price is €5 to include cold food, a hot BBQ lunch is available for an extra €2 and drinks are available for €1. There will also be a raffle and it is hoped there will be live musical entertainment from a guitarist. The event will take place come rain or shine as there will be a marquee

set up in the garden so don't be worry!

Important RSVP ... Please contact Pauline or one of the people below to book a ticket so they have an idea of numbers attending and for directions. E-mail: paulinepadley@yahoo.co.uk or call 281961138 / 916523173. Chris Martin on 0034 618 975607 or e-mail: chrisjoh.martin@yahoo.co.uk. Cas Woodward on 281952808 or e-mail: peterandcas.flores@gmail.com. Maria Hodgson on 00 34 959053096 or e-mail: maria.bluelizard@btinternet.com.

Wolf Valley Charity Dinner

The Wolf Valley Charity will be holding a Dinner and Dance at Vale do Lobo at 7pm on November 6th. Everyone is welcome.

There will be a silent auction, a raffle and an auction. The auctioneer will be Diogo Gaspar Ferreira, Vale do Lobo CEO.

This dinner event follows the very successful Charity Day on June 5th, at which 152 golfers played on the Royal and Ocean courses. They were greatly encouraged by the possibility of winning an Audi A6 or a VW Passat, donated by Lacocar, in the hole-in-one competition. Unfortunately, there were no holes-in-one!

Other highlights of the Charity Day were helicopter rides on board Algarve Helicopters' Robinson R44. Algarve Racing exhibited an American NASCAR racing car – a super noisy brute of a car, a Ginetta racing car, a Honda CBR600 racing bike and a Crownline 8 litre V8 speedboat. For wine lovers there were two tastings – one by Janet



Architect's drawing of the new residential home.

Tartaglia of Quinta das Bágiras from the Bairrada area and the other by Mónica Pinto da Garrafeira Soares.

The Charity day was well supported by a wide cross section of the community. The Wolf Valley Charity has raised €40,000 so far this year. It has presented Existir with a specially adapted minibus worth over €50,000. It also helped Existir build a lift in their building in Loulé. UNIR has received some photographic

equipment to help with their IT classes and a short holiday for young disabled people organized by ASMAL was subsidized.

This year the main charity that is being supported is ASCA – Associação Social e Cultural de Almancil. ASCA is building a residential home for old people and the Wolf Valley Charity will provide €50,000 worth of furni-

ture. This building is nearly completed and it is planned that it will open in February 2011 after all the necessary formalities are completed. The Charity is also purchasing new beds for the pediatric unit in Faro Hospital.

To make a booking or for more information please call Peter or Marion on 289394655 or e-mail wolfvc@yahoo.com

Publish that thought!

A one-day workshop to help you publish that book. Whether or not it is true that we all have at least one book inside us, the mechanism and cost of getting our thoughts immortalized in print have changed dramatically over the past decade. Getting your *bon mots* exposed to the customers of Amazon, for instance, is no longer the exclusive domain of the larger publishing houses. Neither do you have to slap 3,000 on the table and wait for years while your editor forces you to rewrite your biography for the hundredth time before it is finally put to press.

We are also having a Christmas Fair in the same venue in aid of the same charity on Saturday, 11th December from 10.30am to 3pm. If any one would like a stall the tables will be charged from €5 depending on size - please book as soon as possible on 916501527 or 282 332 665.



Topics covered include:

- * Writing a gripping summary
- * Writing 'About the writer'
- * Generating artwork and the Front Cover
- * Using your word processor to generate chapters and an index
- * Creating a high quality artwork file
- * Promoting your work ... and many more.

The workshop is presented by Dr. André Walton, an ex-journalist and editor, and author of thousands of articles and many books including his latest work 'Embracing the New Era', which focuses on the importance of creativity in our contemporary world.

Proposed date of workshop: Saturday, November 13th, 2010 (full day) Cost: €55 including light lunch Venue: tba, but in the Eastern Algarve in the Tavira area. To reserve your place email: creativepaths@hotmail.com or call André Walton on 917045202



**JOIN US FOR A
LEKKER BRAAI!**

**ON SATURDAY 30TH OCTOBER 2010 6pm TILL LATE
AT SOLAR DOS PRESUNTOS RESTAURANT
ESTRADA DO MONTE CHORO
TORRE DA MOSQUEIRA, ALBUFEIRA**

ON THE MENU

- Smoked ham, prawns ect.)
- BOEREWORS, LAMB CHOPS
- SPARE RIBS, PORK CHOPS
- SALADS, DESERTS
- COFFEE/ TEA
- WINE, BEER, SOFT DRINKS, WATER
- ALL THIS AND MUCH MORE

ADULTS €20 CHILDREN UNDER 12YEARS €10

**CALL FOR MORE INFORMATION OR BOOKINGS
289 542 580 968 344 111 / 919 421 869**

UP AND COMING CONCERTS

OCTOBER

MIKA, SEAN RILEY & THE SLOWRIDERS October 25th, at Praça da Canção, Coimbra from 9.30pm. Tickets from €20.

JANE MONHEIT October 30th at Vilamoura Casino from 10.30pm. Tickets: €60.

A JIGSAW October 30th at Portimão Municipal Theatre.

ELECTRIC WILLOW October 30th at Portimão Municipal Theatre from 10pm. Free entrance.

NOVEMBER

MICHAEL BUBLÉ Nov 2nd and 3rd Pavilhão Atlântico, Lisbon, from 8pm. Tickets from €35.

PINTO FERREIRA Nov 6th Os Artistas, Faro, from 10.30pm. **DAVE DOUGLAS** Nov 9th Casa da Música, Porto from 10pm. Tickets from €25.

VAMPIRE WEEKEND Nov 10th Campo Pequeno, Lisbon, from 9pm. Tickets from €24. **RUMOURS OF FLEETWOOD MAC** Nov 9th at Coliseu, Porto from 9.30pm. Tickets from €25.

CARLOS DO CARMO & COUNT BASIE ORCHESTRA Nov 10th Pavilhão Atlântico. Tickets from €10.

INTERPOL Nov 12th Campo Pequeno, Lisbon from 9pm. Tickets from €30.

MEN EATER Nov 20th at Bafo de Baco in Loulé.

SHAKIRA Nov 21st Pavilhão Atlântico, Lisbon from 9pm. Tickets from €35.

MACY GRAY Nov 23rd Aula Magna from 10pm. Hard Club in Oporto from 10pm. Tickets €25.

GOGOL BORDELLO Nov 24th Campo Pequeno, Lisbon from 9pm. Tickets from €23.

TONY CARREIRA Nov 26th & 27th Pavilhão Atlântico, Lisbon from 10pm. Tickets from €15.

ALICE COOPER Nov 29th Campo Pequeno, Lisbon from 9.30pm. Tickets from €27,50.

DEFTONES Dec 9th Campo Pequeno, Lisbon from 8pm. Tickets from €30.

LADY GAGA Dec 10th Pavilhão Atlântico, Lisbon from 8.30pm. Tickets from €50.

30 SECONDS TO MARS Dec 16th Pavilhão Atlântico, Lisbon from 8 pm. Tickets from €28.

MGMT & Smith Westerns - Dec 18th Campo Pequeno, Lisbon. Tickets from €30.

FEBRUARY

SKUNK ANANSIE Feb 7th Coliseu, Oporto from 9pm. Tickets from €25. Feb 8th Coliseu dos Recreios, Lisbon from 9pm. Tickets from €29.

THE SCRIPT Feb 14th Coliseu dos Recreios, Lisbon from 9pm. Tickets from €22.

KATY PERRY Feb 20th Campo Pequeno, Lisbon from 8pm. Tickets from €25.

MARCH

KATIE MELIA Mar 13th Campo Pequeno, Lisbon from 9pm. Tickets from €25,50.

ROGER WATERS Mar 21st & 22nd Pavilhão Atlântico from 9pm. Tickets from €40.

APRIL

NAS & DAMIAN MARLEY Apr 14th Pavilhão Atlântico from 8.30pm.

Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Vila, Tickettle or at the event itself on the night. Websites: www.pavilhaoatlantico.pt/ / www.tickettle.pt/ Phone numbers: Tickettle 707 234 234 / 707 700 000

NORTH

DANCE

O Tango – The Ultimate Tango Show on Sunday, October 24th from 5pm at the CCC auditorium in Caldas de Rainha. On Tuesday, October 26th at Oporto Coliseu. Tickets: €30.

Lord of the Dance at Oporto Coliseu until Sunday, October 24th. Tickets: from €15. .



EXHIBITIONS

Out of Focus photography exhibition by João Tuna at Teatro Nacional de São João in Oporto until October 24th.

Diaphragma at MCO Contemporary Art in Oporto until October 25th. Call 225 102 328.

1990 – 2010 Publicações de Artistas at Museu Serralves in Porto until November 7th. Call 226 156 500.

Warhol TV at Berardo Modern and Contemporary art museum until November 14th.

Porto Múltiplos exhibition of serigraphy about Oporto at Restaurant Via Garrett until November 30th.

Tindersticks on Wednesday, October 27th at Oporto coliseum. Tickets from €20.

OnTonalidades until December 18th at Estarreja Cine-Teatro in Oporto. Call 234 811 300.

Jazz Galp at Casa da Música until December 14th at Casa da Música in Oporto.



GASTRONOMY

3rd Oporto Restaurant Week until Wednesday October 27th, with special prices on gourmet meals at 31 restaurants from Gaia to Matosinhos. To see which ones, visit www.portorestaurantweek.com.



MUSIC

10th Anniversary of Remix Ensemble on Saturday, October 23rd at Casa da Música in Oporto from 10pm. Tickets €10.

Mika and Sean Riley and the Slowriders on October 25th, at Praça da Canção, Coimbra from 9.30pm. Tickets from €20.

Paulo Flores Raiz da Alma on Tuesday, October 26th at Casa da Música in Oporto from 9.30pm. Tickets from €15.

Marful folk and jazz mix on Friday, October 29th at Casa da Música in Oporto from 10pm. Tickets from €15.

Tindersticks on Wednesday, October 27th at Oporto coliseum. Tickets from €20.

Saltimbano at Lisbon, Pavilhão Atlântico until Sunday, October 24th. Tickets: €35 to €65. Call 918 918 409.



TALKS

Conference on 'Artista e auto-edição' book on Saturday, October 23rd at Atelier Museum António Durate at Caldas de Rainha.

Are we alone on Social Networks? Talk in Portuguese on Thursday, October 28th at Hotel Infante Sagres in Oporto from 9pm. Call 226 081 919 / 20 / 21.

THEATRE

Duet for Me at TECA – Teatro Carlos Alberto until October 24th. Tickets: from €10.

Vem aí a República at Teatro Vilarinha in Porto until October 29th. Tickets from €5. Call 226 108 924.

Encalhadas at Teatro Villaret in Oporto until October 30th.

The River Guardian at Palminha Dentada Theatre in Oporto until December 3rd. Tickets: €10.

Africa: See You, See Me! Until November 28th at Belém Cultural Centre. Call 218 170 828.

School at Gulbenkian Foundation in Lisbon until December 19th. Entrance is free.

Professores diverse exhibition by several artists at Gulbenkian foundation in Lisbon until January 2nd 2011. Entrance €4.

Linoleum Workshop on Saturday, October 30th at 10am and 5pm at Atelier Museu António Duart in Caldas de Rainha. Call 262 839 380. Tickets from €25.

WORKSHOPS

Chocolate making with Port wine on Wednesday, October 27th and Thursday 28th from 10am to 11pm and 11.30pm to 12.30pm at Port Wine Museum for children aged 3 and over.

Linoleum Workshop on Saturday, October 30th at 10am and 5pm at Atelier Museu António Duart in Caldas de Rainha. Call 262 839 380. Tickets from €25.

Let's talk about houses architectural exhibition until

CENTRE

COMEDY

Encalhadas until October 30th at teatro Villaret in Lisbon from 9.30pm.

Sex? Yes Please until November 27th at Teatro Independente in Oeiras from 9.30pm.

CHILDREN

Knowing the Universe until October 29th at International Environment Centre in Pedra do Sal. Call 214 815 924.

As viagens do Chá on Saturday, October 23rd at the Gulbenkian foundation. Tickets: €7,50 (adult and children)

DANCE

O Tango on Saturday, October 23rd at Coliseu dos Recreios. Tickets: from €45.



ENTERTAINMENT

Cirque du Soleil: **Saltimbano** at Lisbon, Pavilhão Atlântico until Sunday, October 24th dedicated to Japanese anime, manga and games at Pavilhão Atlântico from 10am. Tickets: €9 one day, €16 two days.

January 16th 2011 at Cascais Cultural Centre.

Res Pública at Gulbenkian Foundation in Lisbon until January 16th 2011. Entrance €4. **Century XXI** until February 27th at Arte Centre in Oeiras. Call 914 111 400.



FAIRS

Japan Weekend Lisboa on Saturday, October 23rd and Sunday, October 24th dedicated to Japanese anime, manga and games at Pavilhão Atlântico from 10am. Tickets: €9 one day, €16 two days.



FILM

ONDINE an exclusive screening of Neil Jordan's award-winning film 'ONDINE' will take place on Wednesday, 27th October at 9pm at Cinema City Alvalade prior to its official release in Portugal. In association with Valentim de Carvalho Multimédia, we are delighted to invite you to enjoy this wonderful film and the opportunity to win a prize of a weekend to Ireland sponsored by Aer Lingus and Hayfield Manor. Organizes by the Irish Association.

docLisboa Documentary Film Festival annual film festival screening short and feature length documentaries from around the world. It takes place in Culturgest uptown and includes an open forum for a debate about filmmaking and the selected films screened. Event on at São Jorge Cinema on Avenida da Liberdade until October 24th.

For more information, visit www.doclisboa.org.

EXHIBITIONS



MUSIC

Vânia Fernandes jazz on Saturday, October 23rd at Onda Jazz in Lisbon from 10pm. Tickets: €7.

Fado em Si Bemol on Saturday, October 23rd from 5pm at FNAC Chiado, Lisbon.

Assirio Makossa Afro Soundz on Saturday, October 23rd at Bacalhoeiro in Lisbon from 10pm. Tickets: €5.

From 60's to Today on Saturday, October 23rd from 11pm at Hard Rock, Lisbon.

Boris Godunov on Saturday, October 23rd at Gulbenkian auditorium from 6pm.

Anouar Brahem Quartet on Monday, October 25th at the Gulbenkian auditorium from 9pm.

Tindersticks on Thursday, October 28th at Coliseu dos Recreios from 9pm. Tickets: €40.

Gulbenkian Orquestra on Thursday, October 28th at the Gulbenkian foundation. Tickets: €25.



NIGHTLIFE

DJ Rui Vargas at LUX on Saturday, October 23rd from 11pm.

DJ Mike Stellar at Jukebox Casino in Lisbon on Saturday, October 23rd from 11pm.

80's / 90's Revival at Indochina club on Friday, October 29th.



SPORT

MotoGP at Estoril circuit on Friday, October 29th from 12pm.



THEATRE

Absurdo Contemporâneo until Saturday, October 23rd from 8.30pm at Estúdio do Teatro Trindade in Lisbon.

I am My Own Woman until October 30th at Teatro da Comuna in Lisbon from 9.45pm. Call 217 221 770.

A Tram Called Wish until October 31st at D Maria Lisbon national theatre from 9.30pm (Wednesday – Saturday) and 4pm on Sunday. Tickets: from €7.5 to €30.

The Elephant Man based on a true story of a disfigured Englishman John Merrick on until November 7th at D. Maria Theatre in Lisbon. Tickets: €12. Call 213 250 835.

SOUTH PREVIEW

Classical Music at Centro Cultural São Lourenço with Constantin Sandhu on Piano and Horia Vacadescu on violin

Saturday, **October 23rd** concert will start with Beethoven's "Kreutzer" Sonata (Op. 47) and will conclude with George Enescu's Sonata Op. 6. Enescu is regarded as a Romanian musical genius. Saturday's concert will feature music by Corelli, Chausson, Bartók and Schubert.

CONSTANTIN SANDU was born in Bucharest and has been resident in Portugal since 1991. After early studies he obtained his doctorate at Bucharest Music University with a thesis on "Portuguese Music for Piano". His first appearance with an orchestra was at the age of 14 and he has since developed an intensive international and acclaimed concert career spanning 3 decades. Constantin has played in several festivals in France, Romania and Spain and has won several prizes. During the events that marked Porto 2001 European City of Culture, he played Rachmaninov's Concerto No. 2 with the Porto National Orchestra as part of the major interpretation of this composer's concertos with Artur Pizarro, Vladimir Viardo and Sequeira Costa.

Constantin has recorded several CDs, some as a soloist. He teaches at the Escola Superior de Música das Artes do Espetáculo in Oporto. The concert will be held at the Centro Cultural São Lourenço and will begin at 7.30pm sharp. Wine and lemonade is served from 7pm. During the interval wine and canapés are served. Entry is €25 for guests and non-members. For more information visit the AMIGO's website www.amigos-de-musica.org or www.centroculturalsaolourenco.com or call Cristina at 289 395 475.

**Angels theatre group**

The proof of the pudding will be in the eating, when the steak and mushroom puddings grace the supper tables of those fortunate to attend the

Music Hall revenue on **October 28th** and **29th** (30th which is sold out) at the Stable Gallery, **São Brás Museum**. Joy Behennah and Marion



NOTE Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@theportugalnews.com by Tuesday before publication. For more events, visit our calendar on www.theportugalnews.com.

SOUTH

CHILDREN

Noddy Live – The Enchanted Concert on Sunday, October 24th at Parchal Congress centre from 4pm to 7pm. Tickets: €18. Call 282 416 147 or 282 410 440.

Children's Theatre by The Braga Theatre company on Saturday, October 23rd at Olhão municipal auditorium from 4pm. Call 289 710 170.

EXHIBITIONS

Os Nós dos Outros photography exhibition by Mariano Piçarra at Silves Municipal Archaeology museum until Saturday, October 23rd.

A Fabulous Collage by Sofia Pinto Correia Mela at Albufeira library until October 26th.

Art exhibition at São Brás museum until Wednesday, October 27th.

Sounds and Colours by Filomena Campos at Albufeira Samora Barros gallery until October 28th.

Queens of Beauty paintings and drawings by Timo Dillner at Lagos gallery until October 30th. Call 282 687 053.

Algarve Animals Sculptures and paintings by Sylvain Bongard & Tara Esaguy Cohen Convent São José in Lagoa until October 30th. Call 282 380 434.

Trajectos by Vila at Portimão TEMPO gallery until October 30th.

Eduardo Dias Paintings at São Brás do Alportel gallery until October 30th. **We are fighting Poverty. What about you?**

Photographic Exhibition at Convent São José in Lagoa until October 31st. Call 282 380 434.

Atelier Pique Show at the Lagoa art school until November 2nd. Call 282 380 462.

Stela Barreto Paintings at Chá d'Arte in Loulé until November 4th.

Illa dos Imortais Teresa Trigalhos and Zoran Vestigios at Convent São José in Lagoa until November 10th. Call 282 380 434.

Flowers and More by Gudrun Witt at Convent São José in Lagoa until November 10th. Call 282 380 434.

Rui André at Santo António gallery in Monchique until November 11th. Call 282 913 130.

Griffiths, of The Angels Theatre Group, took delivery from Mr. Ian Elliott, of Sindal Lda, Vilamoura, who imported the puddings from the UK, specially for the show.

Joy, Marion and a few friends recently had a special tasting, before placing the order and all present agreed, they were delicious.

Certainly no-one was left hungry and all were eaten. Just one reason to attend the forthcoming show, which is in the format of an Old Time Music Hall Revue, complete with a Chairman, sing-a-long medleys, comedy acts, Barber shop and a melodrama.

The cast have been busy rehearsing the songs and acts, for the NEW PRODUCTION, and tickets for €20 include the

Cork Sculptures by Dornelles and Lúcia Silva at São Brás de Alportel gallery until November 15th. Call 289 840 000.

Paintings by Ana Cassiano, Daniela Laginha and Pierre Chevron at Déjà Vu in Ferragudo gallery until November 20th. Call 912 876 646.

The Moment Paintings by Romy at Praça do Mar Art gallery in Loulé until November 21st.

Shintaro Nakaoaka at São Lourenço Cultural Centre in Almancil until December 1st. Call 289 395 475.

Golf Stream at Vilamoura Estrada de Albufeira, Aldeia Hipica until December 12th. Free entrance.

Habits and Customs of Monchique at Parque da Minda in Monchique until December 31st. Call 282 911 622.

100 Anos da 1ª República em Tavira at the Music Academy of Tavira. On going until December 31st. Call 281 320 500.

Ten Monumental British Sculptures Exhibition at Cerro da Vila Roman Archaeological Centre in Vilamoura until December 31st.

Letters and Colours, Ideas and Authors of the Republic at Tavira library until December 31st.

Estados D'Alma by Eduardo Dias at São Brás de Alportel gallery until December 31st. Call 289 840 000.

City and Rural Worlds at Tavira museum and Palácio gallery until June 16th, 2011.

MUSIC

Cosmopolitan Art Music and Art Party on October 23rd at the Musician Association in Faro from 11pm. Music by DJs Mario F, Pedro Nunes, Von Tuga, Vasco Fortes, video art by Zayle and art by Zizizazen. Tickets from €3 (including one beverage).

Bands Meeting on Saturday, October 23rd at São Brás Cineteatre from 9.30pm. Free entrance.

Algarve Orchestra Autumn Concerts on Saturday, October 23rd at Igreja do Carmo, in Tavira from 9.30pm.

Classical Music Concert – piano and clarinet duet with

supper and show.

The Angels look forward to entertaining you and the show, on this occasion will benefit, a proposed holiday centre for people with Special Needs.

Come along dressed in period costume and you will receive a free raffle ticket for a special prize.

Bar opens at 6 pm, curtains up at 7.30pm.

Tickets available from Joro Shop, in Almancil, call 919 899 881. QM Garden Centre in Santa Barbara, call 289 999 613. Or at São Brás Museum call the Amigos office on 966 329 073.

For more information visit <http://www.angels-theatre-group.com>, e-mail angels@theangels-theatre.com or call 966 086 181.

Ricardo Colheo and Tiago Santo and Lúcia Silva at São Brás de Alportel gallery until November 15th. Call 966 329 073.

From Vienna to Budapest Portuguese Chamber Orchestra on Saturday, October 23rd at Portimão TEMPO theatre from 9.30pm. Tickets: €10. Call 282 402 475 or 961 579 917.

The Angels Musical at São Brás museum on Thursday, October 28th until Saturday, October 30th from 7.30pm.

Revue Fujem Moços que Vem a Gripe on Thursday, October 28th until Saturday, October 30th at Praia da Rocha hotel. Call 289 310 000.

FILM FESTIVALS

French Film Festival from Sunday, October 24th until October 31st at Faro Teatro das Figuras from 7pm to 9.30pm. Tickets: €3. Call 289 888 110.

Visions of the South Film Festival from Tuesday, October 26th until October 31st at Portimão auditorium.

CARBOOT SALES

Monte Gordo Saturday, October 23rd near tourist office.

Lagoa Sunday, October 24th at Fatacil grounds.

Lagos Sunday, October 24th at the sports centre.

Monchique Sunday, October 24th at Rua D Francisco de Avelar.

Olhão Sunday, October 24th opposite the school.

MARKETS

Tunes Saturday, October 23rd at rua 1º de Maio.

Loulé Saturday, October 23rd at Rua Nossa Senhora Piedade.

Quieffes Almancil Sunday, October 24th opposite school.

Almancil Sunday, October 24th near school.

Alcoutim Sunday, October 24th opposite the church.

Aljezur Sunday, October 24th near local council.

Santa Catarina Sunday, October 24th on rua 1º de Maio.

Messines Monday, October 25th at fair square.

Odiávere Monday, October 25th at square.

Boliqueime on Thursday, October 28th at church square.

HALLOWEEN PARTY

Free admission for all in costume
Live music from The Yesterdays
Meet the dogs
Various stalls
Food & drinks
Trick or treat
Witch's kitchen
Fancy dress prizes
Children's play area

31st October
Starting time: 14:00h
Entrance: 2€ Adult / 1€ Child / Contact: 916 531 689
Location: Perimetro Florestal, N268,
2km north of Vila do Bispo, follow signs for Haunted House
ALL PROCEEDS TO CUBELA CRISTINA E COMPANHIA, ANIMAL PROTECTION ASSOCIATION

The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and should be under 300 words, to The Portugal News, Apartado 13, 8401-901 Lagoa. E-mail address: letters@theportugalnews.com

Big Daddy Resurrexit!

SIR, I expect that, like mine, the hearts of eagle-eyed 'grapple aficionados' who miss the demise of British professional wrestling were gladdened by the picture on page 7 of **The Portugal News** of 16th October. (This sport was not only very popular in public halls about the country and on Saturday afternoons on TV and who can forget the inimitable Kent Walton's commentaries and, to the referee's annoyance, his occasional challenges to that official's decisions?).

In the picture, the Portuguese Minister of Foreign Affairs is seen performing a side-head chancery and incipient cross-buttock hold on the young lady in his grasp. Lesser minds may be excused for accusing the couple of indulging in the latest craze called 'dogging', but as both are their countries' UN representatives, such an accusation is, of course, unthinkable!

On a more pedestrian note, Sr. Luis Amado, the Portuguese Foreign Minister, is not, as captioned, the gentleman in the picture, for which he may feel envious or, given the above interpretation, vastly relieved!

MARTIN SCRIBBLER, By e-mail

Unexplained massive water charges

SIR, In response to this week's letter re. the above. Earlier this year we were told by a topographer who was doing some work for us, that the *Câmara* had sold out the water to a private company, and that the charges would

shortly double, therefore we were not surprised when they did. There was an error on the bills and I know people who queried this and they got nowhere.

What I object to is the fact that we are not on the main sewer despite signing a petition and later a letter with our neighbour, but we still have to pay for aguas residuais and residuos solidos, which amount to two thirds of the bill. If you complain they say you may need to have your fossa emptied, but in 14 years we have never needed this service, although our Portuguese neighbour who has some sort of tank has to have his emptied about every three or four weeks. I know other people not on the main sewer who have complained about having to pay for something they don't have, and they have been told that unless they are practically on the bread line, nothing can be done!

A RESIDENT, Albufeira

Governments stealing our money?

SIR, I'm sorry to say there will be a lot more complaints like those of Jean Daniel (**The Portugal News**, 16th Oct). And it won't just be about the US government stealing money. The real problem is that democracy leads inevitably to socialism, followed by social disintegration, and chaos.

Once governments start to expand they get a taste for power, and want to hang onto it. They do this by pandering to the requests of ever more groups within the electorate. They then gradually give benefits to those

groups (paid for by other groups of course). Over time the groups that become dependent on benefits grow to be a substantial percentage of the population. In the US \$35 million people are dependent upon state handouts in the form of unemployment benefit or food stamps. Another large proportion are directly employed by the government.

We now get a situation where government can't cut that dependency without risking losing votes. Eventually you get a government that is voted in by those who depend on it, and those who are paying for this get shut out. The group most disadvantaged by this is the middle class, which eventually becomes decimated.

Without a large fully functional middle class a country will return to feudalism and penury, as those doing the paying revolt or give up and join the ranks of the chisellers. That signals the end of many meaningful social contract, and effectively the end of civilised society. I don't think you can fight this. The sad answer is to leave while you still have something intact.

JOHN CLARE, Arao

Algarve hospitals and the E111 card

SIR, I too have recently had treatment in a Lagos Algarve Hospital and feel I must write in response to Henry Yelf's letter. I had to visit the 'NHS' hospital in Lagos on two occasions. I was diagnosed with Shingles. I was treated very well, given an injection and also a drip for the pain. Whilst I was waiting for the drip and results of an X-ray I was given soup and an orange for lunch. The other people were also given soup and fruit.

I must stress though how important it is to carry an E111 card. This enabled me to be dealt with quickly and also more importantly I was able to get part of the

medication prescribed at a reduced rate. Some anti-biotic's would have cost €99.40, but because I had the E111 I was charged €30.81.

SUSAN BRIERLEY, Lancashire, UK

Re: Mr. Henry Yelf's letter, 16th Oct.

SIR, I read Mr. Yelf's letter in this week's edition of **The Portugal News** with dismay, then anger, and then curiosity.

Did you not print a similar letter not so long ago, in fact at the height of the summer when Urgência was stretched to breaking point? Which begs the question was Mr. Yelf in Urgência at the same time as your previous correspondent? In which case why are you re-printing the same story? What benefit is there in printing this sort of letter, to the Hospital? It's users? The public at large?

I would like to know Mr. Yelf's medical credentials for him to be so knowledgeable about his treatment. It is heartening to know that in spite of his lack of care, "his food poisoning, severely dehydrated condition with kidney problems complicated by diabetes for 72 hours," he was able to observe so much that, "brings shame on Portuguese medical services and needs urgent attention."

I am not entirely clear what the role of a private Newspaper is in steering the Health service of a Sovereign nation? It would seem to me if you have a complaint enter it in the Book prominently displayed in Urgência! Don't wait till you are 2.5 hours away in another country before you speak

As a guest resident in Algarve, and sadly a frequent user of the facilities at Urgência I can only speak of my husband's and my experiences, and they were not as Mr. Yelf found. I have a living husband thanks to the excellent

expertise and care he has received in Urgência. Over the last five years. And yes, he did have to wait for tests to be run, others in even worse condition to be treated, and the correct place to be found for him - on a ward.

Yes, it is an old Department, too small for the demands put on it. Yes, the staff are over-stretched, and at the time Mr. Yelf was there, because of the stress of the situation, all was not as the Hospital Authorities would have liked. I was there 10 days ago and things were very different. Money is tight to build the new Hospital. So they are doing the best they can in the circumstances.

So, Mr. Editor, **The Portugal News** perhaps that is the last letter of that genre we are to see in **The Portugal News** for a very long time?

ROSlIE BADEN-POWELL, By e-mail

We are always loathe to publish letters criticizing the facilities in Portugal. We did seek a comment from the hospital before going to press, but unfortunately this was not forthcoming.

We are also not in the business of censorship, so we felt it was right to print Mr. Yelf's letter, which would inevitably prompt other readers to respond with more positive experiences, which we believe to be the norm. Ed.

Experience of Portuguese hospital care

SIR, In recent weeks failings in the Portuguese Hospital system, or at least Faro Hospital, have been reported in some detail in your letters page. In contrast, I write to say that following my emergency admission for surgery and the following week of recovery at Portimão Barlavento hospital, I received nothing but excellent care and attention.

The staff at the A & E dealt with me promptly, and using the full gamut of resources available at a modern hospital, diagnosed my problem and operated at the earliest opportunity (10.30pm Sunday night).

During my recovery in the surgical ward (level 4) I could see that all the staff showed great care to all patients both Portuguese and expats, and it is obvious that a genuine, caring, team spirit thrives in Barlavento. These few words seem hardly an adequate way to thank the medical team who, with hindsight, undoubtedly saved my life, but I feel compelled to write to ensure that problems other places do not re-

flect on the work of 'The Barlavento'. So please publish these few words because it would be an injustice for them to be doing so much good work unrecognised.

In summary, it seems that just like the NHS in Britain, within the total there are areas of excellence and areas that require attention. I can't speak of any other hospital but can only say a heart felt "Muito obrigado Barlavento".

SANDRA LANCASTER, Silves, and Scotland

The God Problem

Religions' root
Is man's quest to live forever
Not only of flesh
But superior to other life forms
Spiritual and advanced

He seeks a deity
In his own vain image
Insist he's right
Ready to kill for his icon
And askew timelessness

Will not accept
He's no more than a weed
Or a dandelion
Forever seeking assurance
That life offers more than death
J.O. HANSEN

See: John 5:24 (And Jesus says) "I tell you the truth, whoever hears my word and believes, him who sent me has eternal life and will not be condemned; he has crossed over from death to life."

Ref. Portimão Hospital

SIR, I write as I noticed the letter [in last week's issue] regarding hospitals in the Algarve. My experience last week was totally different.

I went to the Centro de Saúde as [I has not been] not feeling well for some time and [the] pain became unbearable. After examination [I] was informed [I] needed to go to hospital, and was offered an ambulance, but declined and was taken by car.

On arrival [I] gave a letter to [the reception] desk, and within three minutes [I] was called through. [After a] quick chat [I was] taken for treatment, drips, injections, ecograph, tests, etc. While awaiting the results [I] was offered drinks, soup, etc.

Three hours later [I] was called for the results and written reports of all the tests, [which] revealed a kidney stone, hence medication [was] given.

They [the hospital staff] were very kind and helpful in every way. Being English and living here they assisted in all ways and spoke English, where possible, to me as well.

SONIA BROWN, Silves



LESSON 44

"dele" - his
"Animais e Animais de estimação"- Animals and Pets

- f) (um gato/ estar no jardim)
- g) (algumas ovelhas/ estar no curral)
- h) (alguns peixes/ estar no aquário)
- i) (um ganso/ estar na horta)
- j) (dois papagaios/ estar na varanda)
- k) (um canário/ estar na gaiola)
- l) (duas cabras/ ser gordo)
- m) (uma tartaruga/ estar no jardim)
- n) (três patos/ ser amarelo e engraçado)

⇒ Organise all animals above in three groups

- Fly/ Walk/ Swim - and add the following:
o porco, a andorinha, o elefante, a foca, o sapo, o golfinho, o carneiro, o leão, a abelha, o cabritão, o tubarão, a baleia, a vespa, o hamster, o salmão, o lobo, o tigre, a mosca, o tordo, o macaco, a rã.

Voam	Andam	Nadam

Portuguese for Beginners

with Emilia Rosendo

Read the sentences which follow:

O cão **dele** é preto. ► His dog is black.
A gata **dele** é branca. ► His (she)cat is white.
Os pássaros **dele** são coloridos.
► His birds are colourful.
As éguas **dele** são bonitas.
► His mares are beautiful.

⇒ Write sentences using the words in brackets. Use "dele", the correct verb form and ending as in the example:

- (algumas galinhas/ estar na capoeira)
Ele tem algumas galinhas. As galinhas **dele** estão na capoeira.
- a) (um cágado/ ser pequeno)
b) (três vacas/ estar no estábulo)
c) (uma cadela/ ser velho e meigo)
d) (dois cavalos/ estar no picadeiro)
e) (alguns coelhos/ ser branco)

Completed exercises can be corrected either by scanning the hardcopy onto your computer or copy and download exercises from our online pages at: www.theportugalnews.com. Send it/them as an attachment(s) via e-mail to: lessons@theportugalnews.com. Emilia Rosendo will then correct and return to your e-mail address.

Lessons now online

You can now get your lessons corrected via e-mail to Emilia Rosendo.

Now your completed exercises can be corrected either by scanning the hardcopy onto your computer or download exercises from our online pages at: www.theportugalnews.com. Emilia Rosendo will correct and return them to your e-mail address along with any comments she feels are necessary.

ALGARVE**SBC****FORUM ALGARVE****TEL: 289 887 212****21 OCT-27 OCT****1**
The Last ExorcismPatrick Fabian, Ashley Bell
14.45-16.45-18.45-21.00 (23.00 Fri & Sat)**Toy Story 3 - Animation PV**

(10.05 Sat & Sun)

2**[Rec] 2**Manuela Velasco, Ariel Casas
(23.45 Fri & Sat)**The Owls of Ga'Hoole**Animation PV
(10.00-12.25 Sat & Sun) 16.50**Charlie St. Cloud**

Zac Efron, Kim Basinger

14.35-19.00-21.20

3**Eat Pray Love**Julia Roberts, Javier Bardem
(12.20 Sat & Sun) 15.20-18.15-21.10
(00.10 Fri & Sat)**4****The Other Guys**Mark Wahlberg, Will Ferrell
(12.00 Sat & Sun) 14.25-17.00-19.25-
21.50 (00.20 Fri & Sat)**5****Despicable Me - Animation PV**

(10.20-12.50 Sat & Sun) 15.00-17.10-

19.20-21.30 (23.40 Fri & Sat)

6**The Town**Ben Affleck, Jeremy Renner
13.35-16.15-18.55-21.40 (00.25 Fri & Sat)**Cats & Dogs 2 - PV**Chris O'Donnell, Bette Midler
(10.10 Sat & Sun)**7****Let Me In**Kodi Smit-McPhee, Chloe Moretz
14.20-16.55-19.30-22.00 (00.30 Fri & Sat)**Marmaduke PV**

Owen Wilson, Lee Pace

(10.15 Sat & Sun)

8**Brothers**

Jake Gyllenhaal, Natalie Portman

13.10-17.30-21.45 (00.15 Fri & Sat)

Vampires Suck

Matt Lanter, Ken Jeong

15.30-19.50

9**Hachiko: A Dog's Story**

Richard Gere, Joan Allen

(10.40 Sat & Sun) 13.50-16.00

Wall Street 2

Michael Douglas, Shia LaBeouf

18.10-21.05

Inception

Leonardo DiCaprio, Marion Cotillard

(23.55 Fri & Sat)

CASTELLO LOPEZ CINEMAS**ALGARVESHOPPING****TEL: 707 220 220****21 OCT-27 OCT****1****Let Me In**

Kodi Smit-McPhee, Chloe Moretz

13.10-15.55-18.30-21.30 (0.10 Fri & Sat)

2
Despicable Me 3DAnimation PV
13.00-15.05-17.15-19.25-21.35 (23.45
Fri & Sat)**3****Charlie St. Cloud**Zac Efron, Kim Basinger
13.20-15.50-18.10-21.00 (23.30 Fri & Sat)**4****The Last Exorcism**Patrick Fabian, Ashley Bell
12.55-15.00-17.00-19.00-21.45 (23.40
Fri & Sat)**5****MacGruber**Will Forte, Ryan Phillippe
13.40**Pandorum**Dennis Quaid, Ben Foster
15.45-18.15-21.40 (00.15 Fri & Sat)**6****Eat Pray Love**Julia Roberts, Javier Bardem
12.45-15.30-18.20-21.15 (00.00 Fri & Sat)**7****The Town**Ben Affleck, Jeremy Renner
13.15-16.00-18.40-21.20 (00.05 Fri & Sat)**8****The Other Guys**Mark Wahlberg, Will Ferrell
13.30-16.10-18.50-21.25 (23.50 Fri & Sat)**9****Wall Street 2**Michael Douglas, Shia LaBeouf
12.50-15.40-18.25-21.10 (23.55 Fri & Sat)**CASTELLO LOPEZ CINEMAS**
PORTIMÃO
TEL: 707 220 220**21 OCT-27 OCT****1****Charlie St. Cloud**Zac Efron, Kim Basinger
13.30-16.10-18.50-21.30 (23.50 Fri & Sat)**2****The Town**Ben Affleck, Jeremy Renner
13.10-15.50-18.30-21.20 (00.00 Fri & Sat)**3****The Switch**Jennifer Aniston, Jason Bateman
13.20-16.00-18.40-21.50 (00.10 Fri & Sat)**4****[Rec] 2**Manuela Velasco, Ariel Casas
13.40-16.20-19.00-22.00 (00.20 Fri & Sat)**5****Eat Pray Love**Julia Roberts, Javier Bardem
12.50-15.35-18.20-21.10 (23.55 Fri & Sat)**6****Despicable Me 3D**Animation PV
13.00-15.10-17.20-19.25-21.40 (23.45

Fri & Sat)

Title: Let Me In
Genre: Drama | Fantasy | Horror | Mystery**Stars:** Kodi Smit-McPhee, Chloe Moretz, Richard Jenkins, Elias Koteas, Cara Buono**Director:** Matt Reeves**Synopsis:** Based on the 2008 Swedish film *Let the Right One In* and the novel from John Ajvide Lindqvist.

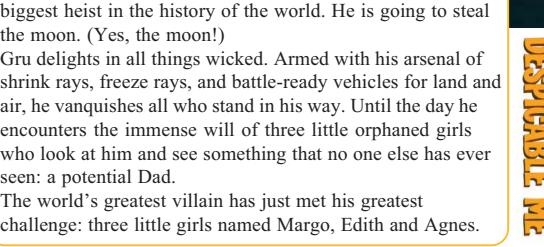
Twelve-year old Owen is viciously bullied by his classmates and neglected by his divorcing parents. Achingly lonely, his only friend is his new neighbour Abby, an eerily self-possessed young girl who lives next door with her silent father. A frail, troubled child about Owens's age, Abby emerges from her heavily curtained apartment only at night and always barefoot, seemingly immune to the bitter winter elements. Recognizing a fellow outcast, Owen opens up to her and before long, the two have formed a unique bond.

When a string of grisly murders puts the town on high alert, Abby's father disappears, and the terrified girl is left to fend for herself. Her increasingly bizarre behaviour leads the imaginative Owen to suspect she's hiding an unthinkable secret.

**Title:** The Other Guys**Genre:** Action | Comedy | Crime**Stars:** Mark Wahlberg, Will Ferrell, Eva Mendes, Samuel L. Jackson, Dwayne Johnson, Michael Keaton, Steve Coogan
Director: Adam McKay
Synopsis: Detectives Christopher Danson and P.K. Highsmith are the baddest and most beloved cops around. They don't get tattoos – other men get tattoos of them. Two desks over and one back, sit Detectives Allen Gamble and Terry Hoitz. They're not heroes – they're "the Other Guys".**Title:** Despicable Me**Genre:** Animation | Comedy | Family**Voice Talents:** Steve Carell, Jason Segel, Russell Brand, Julie Andrews, Will Arnett, Kristen Wiig**Director:** Pierre Coffin, Chris Renaud**Synopsis:** In a happy suburban neighbourhood surrounded by white picket fences with flowering rose bushes, sits a black house with a dead lawn. Unbeknownst to the neighbours, hidden beneath this home is a vast secret hideout. Surrounded by a small army of minions, we discover Gru, planning the biggest heist in the history of the world. He is going to steal the moon. (Yes, the moon!)

Gru delights in all things wicked. Armed with his arsenal of shrink rays, freeze rays, and battle-ready vehicles for land and air, he vanquishes all who stand in his way. Until the day he encounters the immense will of three little orphaned girls who look at him and see something that no one else has ever seen: a potential Dad.

The world's greatest villain has just met his greatest challenge: three little girls named Margo, Edith and Agnes.



But every cop has his or her day, and soon Gamble and Hoitz stumble into a seemingly innocuous case no other detective wants to touch that could turn into the city's biggest crime. It's the opportunity of their lives, but do these guys have the right stuff?

DESPICABLE ME**Castello Lopes Cinemas**

Tel: 707 220 220

www.castelolopescinemas.com

**UCI Cinemas**

Tel: 707 23 22 21

www.uciportugal.pt

ZON LUSOMUNDO**Zon Lusomundo**

Cinemas

Tel: 707 24 63 62

www.zonlusomundo.pt

M/4 - Four years and over
M/6 - Six years and over
M/12 - 12 years and over
M/16 - 16 years and over
M/18 - 18 years and over

SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

Easy

	2	6	1	7		6		1				
3					6	8	6		3			
9		8	7	3		4	1	9	4			
	9		6		5				3	4	2	
		9	7				4		5			
6		4		3	5	9	1					
4		7	3	6		1	5		9	8	1	
6					5		2		8	6		
	9	2	4	6		1		7				

Medium

Medium

Hard

3	1	5		8								
9	4	6			2							
					8							
	5		9									
1		8	7									
	7		5									
5												
1		5	4	6								
8		6	1	2								

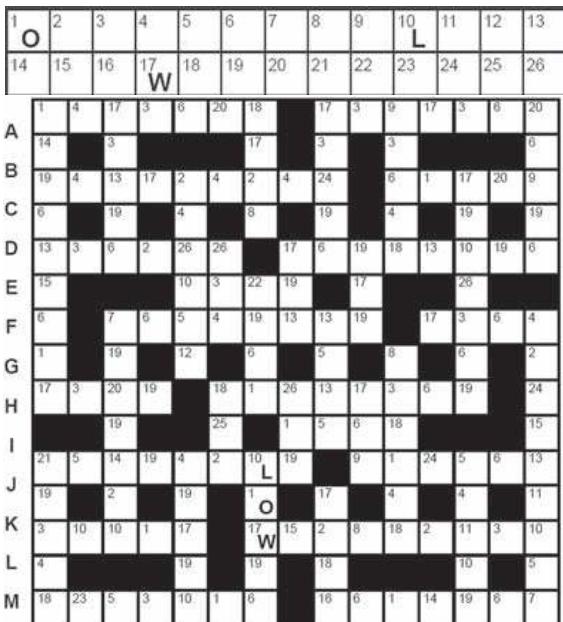
Last weeks solutions:

MARMOSET	JODYFUL
IEU	AADOD
SALUTE	BACKDROPE
TISWEM	ME
STEEPLE	OPAQUE
VOLAVABLS	
SLEEK	TRENCHANT
YETOTOO	
EXTENSION	STAMP
TRACNE	M
SAFARI	ANOTHER
SPONTANEOUS	LO
WRECKAGE	GAZEBO
AZIL	L
TREATY	FORTRESS

CODEWORD

Each number in the grid represents a different letter of the alphabet. Decipher the code to fill in the crossword. Three letters are already in place and the check-box and letters either side will help you keep track of progress.

(Right: Last week's solution)



Last weeks solutions:

6	9	8	3	7	2	5	4	1	4	9	5	7	2	1	6	3	8	2	5
5	7	4	6	8	1	9	2	3	3	8	7	4	6	9	5	1	2	9	3
2	3	1	5	9	4	7	6	8	1	2	6	5	3	8	7	4	9	6	1
7	2	3	1	5	8	6	9	4	9	5	3	2	1	4	8	7	6	4	9
4	6	5	9	2	3	8	1	7	2	7	4	9	8	6	3	5	1	6	8
1	8	9	7	4	6	3	5	2	6	1	8	3	7	5	2	9	4	3	2
3	1	2	8	6	5	4	7	9	8	3	2	1	4	7	9	6	5	8	4
9	4	6	2	3	7	1	8	5	5	6	1	8	9	3	4	2	7	1	6
8	5	7	4	1	9	2	3	6	7	4	9	6	5	2	1	8	3	4	5

This week's Crossword Prize

WIN



Swiggle - a hands free drink bottle for every activity and an aid for the less capacitated.

The winner of the Prize Crossword will receive a set of adult swiggle.

Cleverly designed to strap on your wrist.
www.swiggleuk.com

Easy to refill.
You can freeze them and they are dishwasher safe.

WORDSEARCH

Find the hidden words within the square. The word may start anywhere and go in any direction.

M	I	R	A	N	D	A	L	U	Y	P	L	T	S
L	D	Z	S	H	S	I	L	V	E	R	P	E	R
I	R	V	S	E	T	A	M	I	R	P	G	B	I
M	Z	S	A	W	S	T	A	R	T	E	D	B	V
P	J	T	L	I	V	G	O	O	D	T	T	T	I
A	W	M	V	I	K	I	S	J	E	T	S	E	A
L	O	I	A	A	X	C	E	W	R	I	R	L	A
E	T	D	G	A	X	X	L	N	N	E	G	U	R
J	U	K	E	B	O	X	S	N	N	S	T	M	Y
T	A	G	C	J	X	N	E	P	B	A	V	F	V
O	T	T	N	G	Y	T	Q	R	O	L	P	Q	K
H	K	W	A	A	Y	L	S	E	C	T	I	O	N
S	P	V	R	T	E	R	R	I	F	Y	T	K	Q
F	C	O	T	U	C	E	N	D	U	R	E	I	Q
I	D	S	E	N	I	G	M	A	L	F	C	C	D

SPOTTED, AMULET, MIRANDA, VIENNA, GOOD, SHOT, BACKED, SILVER, SECTION IMPALE, TERRIFY, SALVAGE, JUKEBOX, TENNIS, PRIMATES, TRANCE, ENDURE, TRIVIAL, STARTED, SKATER, ENIGMA

SPOT THE DIFFERENCE

See if you can find 6 differences between the two photos.



Last week's solutions

Across: 1 Domesticity; 9 Urn; 10 Insensate; 11 Lapse; 13 Elevens; 14 Braise; 16 Animal; 18 Lineage; 19 Minus; 20 Trickster; 21 All; 22 Desecration.
Down: 2 Own; 3 Elite; 4 Tester; 5 Concern; 6 Tradesman; 7 Gullibility; 8 Senselessly; 12 Plaintive; 15 Shackle; 17 Sector; 19 Merit; 21 Ado.

Last week's winner: Mrs P. Rush, Gorjões

Last week's solution:
Mrs P. Rush, Gorjões





A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 23 Oct 2010

PROPERTY OF THE WEEK

Outstanding properties with excellent sea views, from East to West



With a noticeable interest increasing in the Algarve property market once again from clients worldwide, this week licensed **Real Estate Agency Togofor-Homes, Lda (AMI-6902)**, are pleased to showcase a varied selection of quality properties in unbeatable coastal locations across the Algarve. **Togofor-Homes, Lda** is based in Lagos and Alvor, and also very soon in Quinta do Lago, Tavira and Monchique, and operates across the whole Algarve region.

Property 1 (Ref. S610):

This modern and elegant villa is nestled in a peaceful environment, a stone's throw away from the sea but only minutes into Fuzeta.

A short dirt track leads to the electric gates and the big fenced plot with breathtaking sea views from nearly all rooms. The layout of this exceptional property consists of a west and east wing with two atriums in the middle offering sea views on all levels and gives a generous, airy and open plan impression.

Though the villa is built in a very modern and elegant way it still represents the Algarvean style and includes three bedrooms and four bathrooms. The 5x10 metre saltwater pool is surrounded by terraces and gardens and offers stunning views to the sea. An ideal place to enjoy the sun set with a glass of wine.

This property is priced at €1,500,000.



Property 3 (Ref. S599):

A wonderful opportunity to acquire a self designed luxury villa by the German architect owner. Located in one of the most prestigious coastal locations in the Carvoeiro area, this outstanding property with four bedrooms and four bathrooms has been built to the highest specification throughout.

The property, constructed over three floors includes a ground floor with entrance hall featuring a stunning dome ceiling both illuminated and lit by natural light, an elegant lounge area with several sets of patio doors to the huge covered terraces, heated pool, lovely gardens and an outdoor kitchen.

The property enjoys stunning sea views.

A 'rare to find' luxury villa with all comfort.

Recently reduced by 13% €1,495,000.



Property 2 (Ref. S1118):

This very special ultra modern front line four-bedroom, three-bathroom villa comprising an area of 299m² is set in beautifully landscaped and floodlit garden just 50m from a beautiful (and popular) beach on the outskirts of Albufeira on a 1,300 square metre plot.

The villa was completed in January 2010 and is brand new.

The security of the villa comprises electric shutters to every external door and window, burglar alarm with central station, video entryphone system to pedestrian gate and electrically controlled vehicle gate.

The whole villa has built-in air conditioning, under floor heating and a gas heated glass and stainless steel fireplace viewed from both the living room and family tv area.

This property is priced at €2,500,000.



Property 4 (Ref. S1207):

Located just a short walk to the wide sandy beach of Meia Praia, this stunning villa with three-bedrooms and two bathrooms offers the absolute height of luxury in every imaginable aspect. Built to exacting standards using the best quality materials, including Tabices bricks for optimal insulation.

The location is second to none, in a low density cul-de-sac, with maximum privacy throughout the property.

This stunning villa enjoys magnificent sea views from each level, maximum luxury for quality of living and comfort, total privacy plus the benefit of a self contained guest apartment with bedroom/living room, bathroom, Miele kitchen and private terrace.

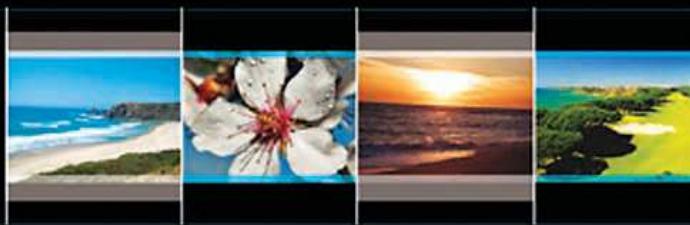
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Tavira: 281 320 281
Vilamoura: 289 301 294



Tavira
Magnificent 5 bed / 4 bath villa (289 m²) with pool on 7000 m² plot with mature garden on spectacular location at 2 km from Tavira. Unique opportunity to live in a rural setting so close to town!

Ref: LHV-1103 Price: € 750.000

Tavira
Recently built, good quality 4 bed / 4 bath villa (334 m²) with double garage (45 m²) and swimming pool located on two hectares of easy to maintain land enjoying far-reaching sea & country views.

Ref: LHV-1069 Price: € 650.000

Sta. Catarina
Brand new 3 bed / 3 bath villa (237 m²) with 10m x 5m swimming pool built with high quality materials & modern specs incl. under floor heating & solar panels. Plot 7821 m². Tarmac road access.

Ref: LHV-1056 Price: € 540.000

Tavira
Well-maintained 4 bed / 2 bath villa (208 m²) with garage (24 m²) & lovely pool area enjoying open country views, located on plot of 600 m² in small pinewood, 500m from Ria Formosa lagoon.

Ref: LHV-1113 Price: € 399.000

Tavira
Renovated 2 bed / 2 bath quinta (109 m²) enjoying wide views, located on plot of 752 m² in small hamlet. 2 small outbuildings in use for storage/ workshop. Nicely landscaped garden.

Ref: LHV-1110
Price: from € 265.000

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Vilamoura
Studio apartment transformed into 1 bedroom apartment, renovated, composed of 1 bathroom, equipped kitchenette (new), lounge w/ dining area & 2 terraces. A/c & Sat.Tv. Exterior parking area. Communal sw. pool & garden. Constr. area approx. 46 sq.m. Ref: A1357 Price: € 85.000,00

São Brás de Alportel
Old cottage composed of 4 bedrooms, 2 bathrooms, 2 lounges, dining room, kitchen and storages. Various terraces & 2 parking spaces. Cottage in annexe composed of 2 bedrooms, 1 bathroom, lounge & kitchen. Plot area - 944 sq.m. Const. area - 294 sq.m. Ref: C22346 Price: € 295.000,00

Fonte Santa
Semi detached villa composed of 4 bedrooms, 4 bathrooms, lounge/dining area with fireplace, kitchen, storage and large terraces. Basement, garage and garden. Plot area of approx. 492 sq.m. and construction area of approx. 184 sq.m. Ref: V12628 Price: € 380.000,00

Vilamoura
Beautiful villa composed of 3 bedrooms, 3 bathrooms, lounge w/ fireplace, equipped kitchen, laundry room & storages. Terraces, parking area, salt water sw. pool & garden. Barbecue. Plot area: Approx. 476 sq.m. Construction area: Approx. 128 sq.m. Ref: V12626 Price: € 640.000,00

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Ref 1052 - € 99.950
PEREIRO
Restored cottage with pretty patio in a village 30 minutes from the coast, 2 beds, 1 bath, equipped kitchen, and living area with open fireplace. Fully furnished and has satellite free channels, mains water, mains drainage.

Ref 1050 - € 130.000
MANTA ROTA
Fantastic one bedroom apartment on complex with pool, 5 minutes on foot to restaurants, facilities and beach. very good rental investment. Sold fully furnished and equipped.

NEW INSTRUCTIONS



Ref 1048 - € 135.000
CONCEIÇÃO DE TAVIRA
Fully furnished first floor two bedroom apartment in perfect condition, situated very close to Benamor Golf Club, cafés, post office, supermarket etc. Has equipped kitchen, generous lounge and 2 verandas.



Ref 1045 - € 135.000
VILA NOVA DE CACELA
Nearly new two bedroom apartment very close to all facilities, has a lovely patio which is south facing. Two bathrooms, lounge, equipped kitchen and parking space in basement garage.



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Neighbourhood Tavira
Exceptional property with outstanding view of the coast, consisting of a 6 bedroom villa, plus a second refurbished Algarvean cottage with 2 bedrooms, surrounded by approx. 14.000 m² of land with beautiful garden, double garage, swimming pool (60 m²), situated approx. 4 kms west from Tavira.
EA 064 FTAV - € 698.000

Santo Estevão / Tavira
Villa built in 1986 with 3 bedrooms on ground-floor and self contained 2 bedroom apartment on first floor. Area of 254 m², with 12 x 6 m swimming pool, on a plot of 900 m². Solar panels. Situated within walking distance to S. Estevão, 4 kms to Tavira, 7 kms to golf-course and beach.
EA 065 VS. EST. 065 - € 385.000



Neighbourhood Tavira
One bedroom apartment with air con., situated on the ground-floor, with use of communal roof terrace, in an attractive complex w/ swimming pool, bar, restaurant, reception, etc., within 5 driving min. to Tavira centre, beach and various golf-courses. To be sold furnished and equipped.
EA 067 ATAV 068 - € 108.500



Ruin Tavira
Large patrician house in need of restauration with 3 storeys (290 m²) which could be turned into a commercial unit on the ground floor with additional bed and breakfast or 3 apartments (subject to approval), situated in the centre of "historical Tavira", close to the river and Roman bridge.
EA 068 RTAV - € 225.000

Building plot Tavira
Situated in a small urbanization within walking distance to Tavira centre, with lovely view of the river Gilão and countryside. Area of approx. 500 m². Approved project for a 4 bedroom villa on 2 floors with garage and swimming pool.
EA 069 BTAV - € 130.000



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VILAMOURA
Ref: A92493

Charming two bedroom apartment (one en suite) in a very peaceful area close to amenities (restaurants/bars/supermarket/coffee & newspaper shops). Complex with communal garden & swimming pool. 90 sq.m. of constructed area. Furnished & equipped. Air conditioning. Private parking space for one car. Impeccably well maintained.

Price: € 169,500.00

VILAMOURA
Ref: V102846

Detailed four bedroom villa near prestigious Old Village complex & Four Seasons. Near several restaurants, bars, supermarket & coffee. Approx. 15 mins walk to Marina & beach. 567 sq.m. plot w/ approx. 270 sq.m. constr. area. Recently refurbished. A/c. Garage for 1 car. Private garden w/ sw. pool & wooden deck. Large sun terrace w/ BBQ. Lovely panoramic view of Pinhal golf course & countryside.

Price: € 620,000.00

ALBUFEIRA / OLHOS DE ÁGUA
Ref: EA92483

Brand new one bedroom apartments located on a lovely complex with communal garden, swimming pools and tennis court. Approx. 5 min. walk to the beach. Near all amenities, supermarket, restaurants and coffee shops. Fully fitted kitchen. Air conditioning. Private underground parking. Excellent letting potential.

Price: € 150,000.00

BENFARRAS
Ref: V102865

Great investment opportunity. Detached villa on EN 125 next to Vilamoura traffic lights. 1.530 sq.m. plot. Adjacent is an independent commercial area w/ approx. 100 sq.m. w/ commercial license. Villa w/ approx. 200 sq.m. composed of 3 bedrooms, 1 en suite, 1 bathroom, kitchen, 48 sq.m. lounge w/ fireplace & separate dining area. Lovely BBQ area w/ separate orchard. Possibility to build 160 sq.m. on the 1st floor.

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Odiáxere, LAGOS
Ref: 644751

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Ref: 63952

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Santo Amaro, LAGOS
Ref: 64654

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Ref: 64748

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- Cott. 130m² plot 720m²

Ref. C1399
Price: € 325.000

São Brás de Alportel

- Traditional character cottage
- Separate guest apartment
- 3 bedrooms 3 bathrooms
- Jacuzzi, terraces, garden
- Next to cott. Ref: C1399
- Cott. 174m² plot 1.150m²

Ref. C1400
Price: € 295.000

Loulé

- Spacious luxury villa
- Lovely views to coast
- 5 bedrooms 5 bathrooms
- Heated pool, terrace
- BBQ with dining terrace
- Villa 348m² plot 4.300m²

Ref. V1242
Price Reduced: € 895.000

São Brás de Alportel

- New luxury villa 2010
- Lovely country views
- 4 bedrooms 5 bathrooms
- Large garage/basement
- Pool 9m x 4m, barbecue
- Villa 299m² plot 5.689m²

Ref. V1371
Price Reduced: € 1.200.000

Quelfes, Olhão

- Spacious villa built 2005
- On small development
- 3 bedrooms 3 bathrooms
- Air-co, plunge pool
- Garage, garden, roof terrace
- Villa 257m² plot 457m²

Ref. V1387
Price: € 285.000

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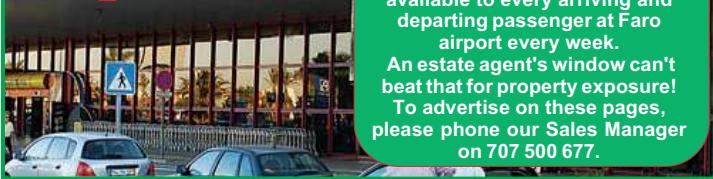
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Give a room sauna chic

Get those jobs done with a little help from DIY guru Julia Gray.

Top tips for... fixing tongue-and-groove panelling

:: One method of fixing tongue-and-groove paneling is metal clips. They fit into the groove and have a small tongue, through which you bang a pin into one of the battens of wood you've fixed to the wall. For this method,

you need to plane the tongue off the first board you're going to fix and then put that edge against the wall. The next board along will conceal the clips.

:: Another option is 'secret' nailing, which involves driving panel pins through the tongue at an angle, but to stop the tongue from splitting, you must pre-drill the holes. Bang

the pins in using a pin hammer and then a fine pin punch for the final 5mm or so. The pins should sit just below the surface of the wood.

:: To cut a piece of tongue and groove, first score it with a craft knife and metal ruler, then cut it with a hand saw (or a jigsaw with a fine blade) - it's difficult to cut

near the end of the board, so don't try. If your design calls for angles, use a combination square for 45 degree angles, and a protractor and adjustable bevel for other ones. Smooth off all the cut ends with fine sandpaper and then wipe clean.

:: Once you've finished fixing the tongue and groove, fill the pin holes (if you used pins) with a little wood filler for a good finish. Once the filler's dry, sand and wipe clean. If you're varnishing the panelling, use a wood filler that's the same or a very similar colour.

:: If the tongue and groove is in your bathroom or kitchen, you need to paint or varnish it as soon as possible to prevent stains and water damage. Choosing a kitchen and bathroom or exterior product is advisable for maximum protection.

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The natural look

Hannah Stephenson gives tips on how to naturalise bulbs - plus, find out what else needs doing in the garden this week.

Crocuses growing on a lawn.



If you've ever walked through drifts of purple crocuses peeping through the grass, you'll realise the value of naturalising bulbs.

Natural drifts of flowering bulbs are one of the most welcoming sights of spring, whether in dappled shade or in large stretches of lawn where they appear in their full glory in the brilliant sunshine.

In meadows, camassias and fritillaries poke their heads out beyond longer grass, while later in the year autumn crocus bloom under trees when everything else has faded.

Some gardeners choose to plant narcissi in their lawns to add a splash of colourful contrast in the spring sunshine and there are many varieties which are ideal for

this job, including the dwarf types N. 'Hawera' and 'Tete a Tete'.

You can naturalise bulbs even if you don't have a big garden. Some bulbs will do well under the canopy of a mature shrub or even at the foot of a hedge or wall, but if you want a wildflower look choose bulbs with small, delicate-looking flowers, avoiding big, bold, brash double-flowered daffodils or anything that would look better in a more manicured, orderly garden.

For a natural look, plant bulbs in random clumps and space them irregularly over the planting area, sticking to one type if you want drifts to maximise the effect. Avoid a geometric pattern at all costs. The traditional way is to

Purple Crocuses



drop a handful of bulbs on the ground and plant them where they fall.

To naturalise bulbs in grass, remember that you will need to wait at least six weeks after the last flowers have faded before cutting the grass, to allow the leaves to produce the food for the developing bulbs below ground, which will provide next year's display.

Plant the bulbs in an area where you'll be happy to leave the grass long for a few weeks while the leaves die down naturally.

When planting in grass, lift squares of turf with a spade, cutting around the turves to the required depth and then folding them back after planting and firming them down.

As a rule, bulbs need to be planted at least three times the depth of the bulb and spaced at least twice its diameter, as they

need space to multiply without becoming overcrowded.

Planting a few clumps close to each other and scattering others a short way from the main colony will create a natural effect. If the grass is thin and the ground soft, you can use a bulb planter although I find these quite hard work if you are planting a lot of bulbs.

Good specimens for naturalising in grass include crocus, narcissi, muscari, camassia, erythronium, scilla and ornithogalum. Those which can do well under trees include Anemone blanda, winter aconite (eranthus), Chionodoxa luciliae and trillium.

Most tulips don't look their best naturalised in grass. Taller single varieties may look stunning for just one season but may need to be lifted and many will need replacing every year.



Best of the bunch - Kaffir lily (Schizostylis)

These elegant, autumn-flowing perennials are ideally placed in a sunny, sheltered spot in soil which is well-drained in winter but doesn't dry out in summer, so you may need to improve the soil with applications of garden compost or well-rotted manure. The rhizomes should be planted 2.5-5cm (1-2in) deep in spring and you'll need to plant several plants around 30cm (12in) apart to give any impact. They can grow to around 80cm (31in) tall and make great companions for as-

ters, while pink-flowered varieties also complement silver foliage plants well. Kaffir lilies are hardy in most areas but you'll need to cover them with a thick winter mulch or grow them in pots under glass in colder regions. In winter, cut down the stems and protect the crowns with chipped bark. Popular varieties include S. coccinea 'Major', which bears big, deep red flowers, while 'Fenland Daybreak' is a smaller variety which bears pink flowers from August to November.

Three ways to... safeguard your compost

1. Never put perennial weeds or diseased plant material on to the heap, as the heat inside may not be enough to kill the organisms, which may then spread.

2. Don't put woody prunings or the stems of herbaceous plants on the heap unless they've been through a mechanical shredder, as they will take ages to decompose and will hold up the process.

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Set store by your home

Feel that your possessions are taking you over and the walls are closing in?

You're suffering from 'clutter creep' - a common phenomenon in the autumn, as possessions (wanted or unwanted) spread like a fungus throughout your home.

They may have been temporarily tamed by a spring clean, but if you took your eye off the ball in the summer they'll have sidled on to surfaces, jammed up drawers and crowded corners.

Don't panic - there's help at hand in the shape of attractive storage solutions, which mop up the mess and enhance your home, says Judith Wilson, author of *Casual Living*.

"Filled with the clutter of everyday living and constantly in use, the closet and shelves are the unsung heroes of our homes," she says.

"If we arrange these useful pieces of furniture sensibly, storage can also be beautiful and imaginative."

Aim for a practical mix of storage options, she says, and experiment with built-in choices, customised vintage cabinets and chain store buys, so that there's literally a place for everything.

Veterans of clutter culls will know that facing up to giving some possessions their marching orders is well worth it, as there's little point simply trying to pack everything into already overflowing cupboards or containers.

"Having sufficient cupboards and shelves isn't enough," Wilson says firmly.

"They may create the illusion of a tidy house, but if too many possessions are stuffed inside and there is chaos within, no one feels relaxed."

If you need an incentive - remember Christmas is on the horizon which means an influx of new possessions and probably visitors which will all have to be accommodated into those over-crowded rooms.

So ready, get set, store - and choose from a selection of super storage solutions!

Remedy clutter fever

Imagine you're a visitor to your home - and walk around and try to see things objectively.

Pinpoint problem areas in each room and decide what items you can get rid of and where current storage needs de-cluttering.

Consider new areas that could be utilised for storage, whether it's an understairs cupboard or a landing, or simply a corner that could accommodate shelves.

Prioritise by giving each 'clutter trouble spot' in the home a stress rating (the extent to which it irritates you) so the worst area is tackled first.

Avoid expensive mistakes by measuring your room and furniture, so you can assess how much space any new storage will need before you splash out on new buys.

Make a quick exit

The hallway is a magnet for clutter, but is the very space that



it's essential to keep clear, as tripping over clothes and shoes won't aid your wellbeing and gives a first impression of chaos to visitors.

"If you're struggling for floor space, small, wall-mounted shelves and racks are a great way to keep items such as keys and post accessible and tidy," says Simon Glanville, managing director of STORE, which offers small through to large storage solutions.

Shelf style

Living room storage should combine good looks with practicality and wall units, with shelves, work wonders.

"Some people shy away from open shelving, feeling that they don't want the pressure of keeping it tidy," says Wilson.

"But if open shelves are ordered and there's a planned space for everything, they offer a wonderfully casual, see-at-a-glance way to live."

Wilson advises incorporating both hidden and display storage areas into your shelving to cater

for all possessions and hide unsightly items from view.

Secret spaces

Make every inch of your home count - identify under-used areas in your home, and kit them out with storage.

"Make the most of bay windows, alcoves and areas under the stairs by creating additional storage under window seats and creating a home office in an under-stairs space," says Simon Meyrick, designer for Neville Johnson, bespoke fitted furniture company.

Free-wheeling storage

Clutter's a space-invader, but take the upper hand and use those dead areas in the middle of large rooms for a cupboard or a room divider unit.

The latter are a boon for zoning an open-plan area and making a style statement. It's also a neat way to create smaller, more intimate places that can be moved at a whim.

Sleep & store

Clutter in the bedrooms isn't conducive to peaceful nights, but often it's difficult to find extra space by the time you've accommodated a bed and a wardrobe.

"It's all about maximising the space you already have," says Glanville.

"Shoe drawers work brilliantly inside or outside wardrobes, and can be stacked up to boost storage space. The spaces underneath your bed can be quickly transformed into a functional storage area, with large, flat boxes and drawers."

Store smart

Everyday clutter - from coffee cups and magazines to toys - is inevitable, so you need to make it easy to sweep it out of sight.

Coffee tables incorporating storage are a good choice, while side tables with drawers and playful-looking toy boxes are a savvy investment for any family home.

Nifty storage solutions can transform a home and provide space without the expense of moving. Gabrielle Fagan sourced the best space-saving kit around.

Duck into Drake's for a delicious dinner ...

or breakfast, or snack or lunch, or an Indian! When you see the name Drake's over the doorway Indian cuisine is not the first thing that springs to mind, just goes to show – never judge a restaurant by its name alone.



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Coming from EN125 second roundabout to the left
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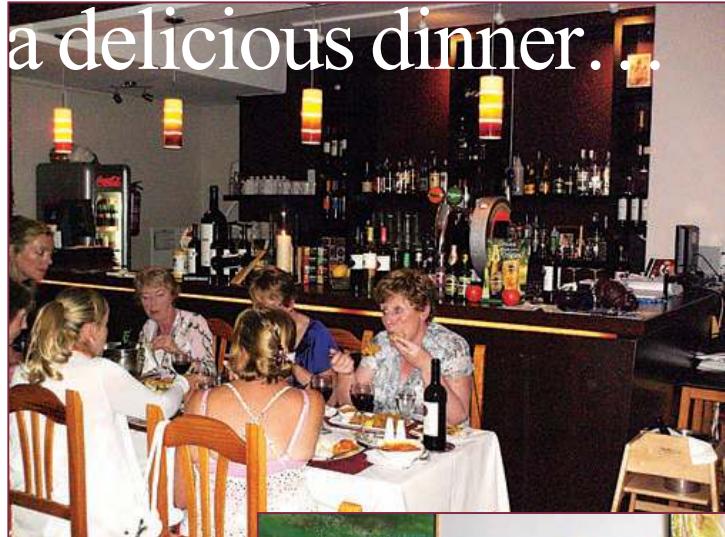
Drake's is situated in Alvor, on Rossio Grande, the road behind what was the old 'Ali super' supermarket. Set back from the road it has a large terrace with tables and sunshades amongst the potted plants, for those wishing to dine 'al fresco' while watching the world go by. The interior of the restaurant is intimate with a good size bar, and the simple but elegant décor with dimmed lighting and easy-listening background music produces a pleasant ambience in which to enjoy your meal. On the evening I went it was fully booked.

There are two distinct menus – one cooked by Patrick, the owner of Drake's, offers starters such as: Pan fried mushrooms with garlic mayonnaise & toasted sesame seeds, and Spicy chicken wings; main dishes include: 'Drake's Special' – Steak or Steak & Kidney Pie, and Schnitzel, as well as two vegetarian dishes. The other is cooked by their Indian chef, Parbhak and offers many typical dishes, from which I chose: Poppadom with an assorted Pickle Tray, and Vegetable Pakora to start, followed by Prawn Korma with Mushroom Rice, and for dessert, an-

other 'Drake's Special', Banana Rum Boat.

As much as I love Indian food, I'm afraid I just can't eat very spicy meals and so it was with some trepidation that I ordered, requesting a very mild Korma via Sara, Patrick's wife, who along with Tracey attended to their customer's every need. Parbhak did not disappoint – the Indian dishes were delicious and the Korma was spot on, (probably too sweet and creamy for most people, but just right for me), and the pudding was a dream.

Not a lover of wine, as they're aren't too many sweet wines, Sara recommend one of



Drake's well-stocked bar (top) and Drake's owners, Patrick and Sara (above).



A 'Drake's Special', Banana Rum Boat

the new wines which they've recently introduced, 'Grandjo' a medium sweet white. It was a perfect choice, complementing all the dishes I'd ordered. And to conclude the meal I was offered, as is everybody, a glass of Port 'on the house'.

I was able to grab Patrick for a few words and he told me this is only Drake's second year and that "business had been better than expected", considering the current economic climate. Not surprisingly it's necessary to reserve your table, whether it's for their famous Breakfasts, Sunday

Roasts, or just dinner. There is a daily 'specials board', separate children's menu, a take-away service, and they're planning to extend their menus. To make a booking tel. 282416562 or 969700971.

During the winter months from November to March Drake's is open from 9am-3pm for Breakfast, Snacks & Lunch, and from 6.30pm-10pm for Dinner. Sunday Roasts are available from 12-3pm. They are closed all day Wednesday.

(They will be closed for the Christmas Holidays from 3rd. week in Dec. to the end of Jan.)

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One of Portugal's leading winemakers visits the Algarve

On Friday, October 15th, 56 members and guests of The Algarve Wine Society were treated to a unique experience. Carlos Campolargo, one of Portugal's most respected and best-known winemakers, travelled from his Bairrada home to present his wines to us.

The event took place at sunset in the 5th floor panoramic room of the EVA Hotel in Faro, overlooking the very scenic harbour and the old town.

The Campolargo family is into its fourth generation of wine-making, with Jorge responsible for the vines and his brother Carlos for the wines. They cultivate 170 hectares divided in two properties in central Bairrada near Anadia, and they produce about 300,000 bottles annually of some of Portugal's finest wines.

Carlos presented 2 whites, 7 reds and a sparkling wine, but the raves were loudest for his 3 top of the range reds. First was the Campolargo 2007, a pinot noir single varietal that was named best Portuguese wine of 2010 made from a "foreign" grape by the *Guia de Vinhos* and was a silver medal winner in the 2009 Decanter World Wine Awards. This was followed in the tasting by a Calda Bordaleza 2006, a Bordeaux-type blend of cabernet sauvignon, merlot and petit verdot that the 2009 *Guia de Vinhos* named best Portuguese wine and the 2009 *Revista de Vinhos* named best wine of Bairrada. Finally, the pièce de résistance was the Diga? 2007 petit verdot single varietal, named best wine of Bairrada in the 2010 *Revista de Vinhos*. Carlos was the first Portuguese winemaker to make a single varietal wine from the very diffi-

cult petit verdot grape, and this one was sublime. Inasmuch as Campolargo produces less than 10,000 bottles combined of these three extraordinary wines, the Algarve Wine Society felt particularly honoured to explore them with Carlos.

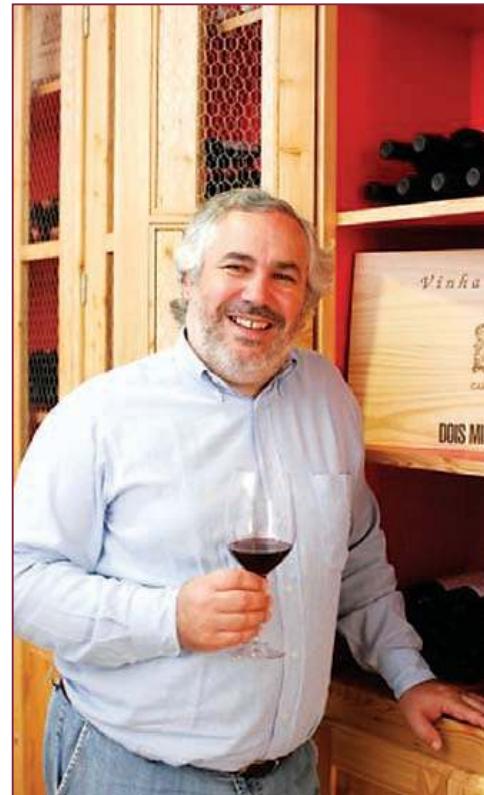
The tasting was followed by a lovely dinner of smoked salmon rosettes, roast pork on a bed of vegetables and potatoes and then a sumptuous sweet. Of course, dinner wouldn't have been complete without substantial amounts of Campolargo's Entre II Santos white and red wines. The evening was rounded off by a lively raffle, featuring a large number of wine and wine-related prizes.

The final events in the Algarve Wine Society's very active autumn calendar will be a visit to the Nova Cortiça cork factory in São Brás de Alportel on November 3 (to be repeated on November 8), a day trip to Cortes de Cima in the Alentejo for a tasting and a Danish Christmas lunch on November 24 and the Society's traditional Christmas dinner at the Penina Meridian Hotel on December 4.

Membership in The Algarve Wine Society is at its upper limit, and there is a waiting list, but if you would like further information please contact the Society's Secretary, Larry Hampton by email: hampton@mail.telepac.pt



Right: Carlos Campolargo
Top : Anne Green and Ken Kempson enjoying themselves
Above: Chris Warren, Loes and Hank Vooijs and Dorris Carp evaluating the wine



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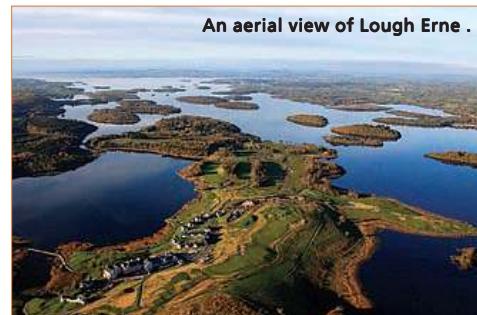
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whispered as we attempted to set up our rods.

Well he certainly wouldn't have been 'fishing' with his back to the water - using woolly flies!

"It's probably safer not to use actual hooks, just with it being your first time," Packie had explained.

I

After a 90-minute drive from Belfast to the beautiful Fermanagh lakelands in the west of the country, we were winding our way up the immaculate drive to the five-star Lough Erne Golf Resort.

I

It was hard not to be impressed by its dramatic location. The hotel and 25 lakeside lodges nestle on a stunning peninsula between Castle Hume Lough and Lower Lough Erne.

I

After settling in to our sumptuous loughside lodge we were taken for a casting lesson with the hotel's resident game angling instructor, Packie Trotter.

I

"I think your Dad would have been better at this bit," my mother

and patience - of our instructor, but after an hour freezing on the hotel lawn catching nothing more than a patio chair we were ready for an afternoon in the resort's Thai Spa.

"Sawadee kaa," the therapist beamed, welcoming us to our "wholly Thai experience".

And as the products, the therapists - even the wallpaper - all come straight from south-east Asia, there was no doubting she was telling the truth.

The most authentic thing, however, was to be the treatment itself.



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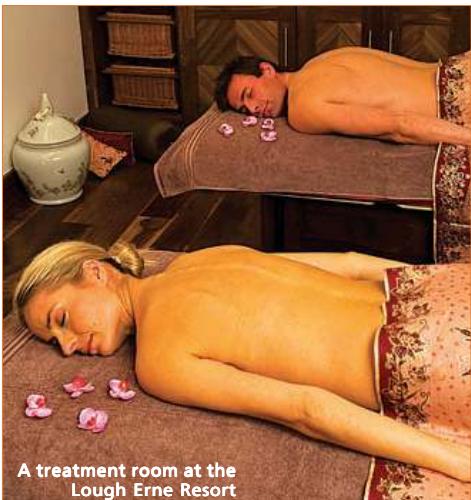
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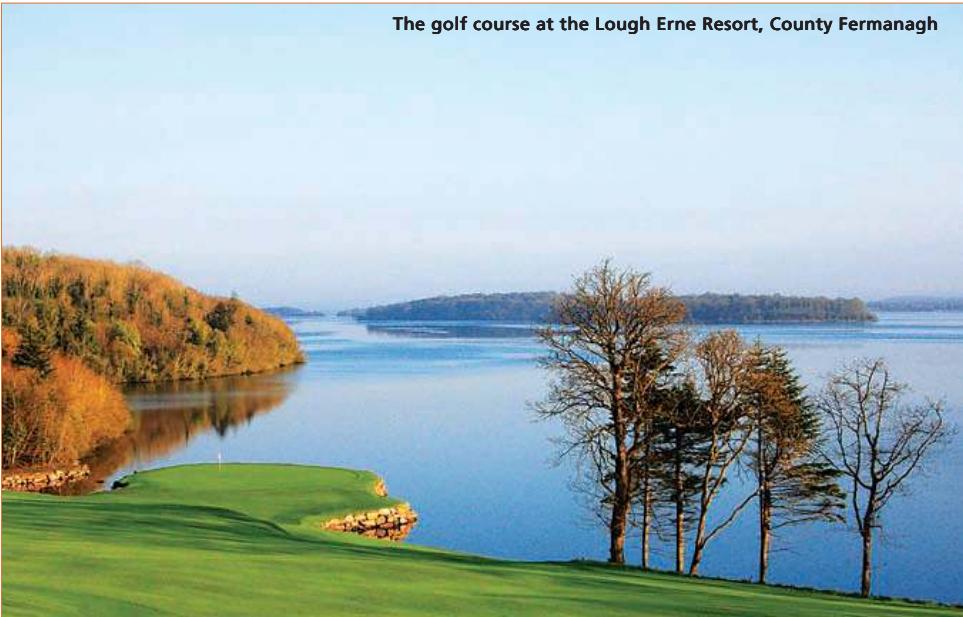
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The golf course at the Lough Erne Resort, County Fermanagh



A treatment room at the Lough Erne Resort



Shortly afterwards, as we sat admiring the twilight views of the lough, the first of six courses arrived at our table.

McMeel's passion for food is evident in every dish. Our dinner included a delicate crab salad with avocado mousse, pink grapefruit and ginger gazpacho dressing and McMeel's signature dish - the Lough Erne mixed grill, featuring a range of perfectly cooked cuts from a local Fermanagh herd.

If fine dining is your thing then another of Ireland's acclaimed

"celebrity" chefs is just a short journey away, and well worth the effort.

The next evening, across the border at Blacklion, County Cavan, and just a 20-minute drive from Lough Erne, we arrived at MacNeane House and Restaurant, owned by chef Neven Maguire.

Both Maguire and McMeel represented Northern Ireland on the BBC's Great British Menu and both are passionate about using indigenous ingredients and promoting local and artisan food producers.

Maguire's menu featured a

mouth-watering plate of Irish beef, which included sautéed fillet, braised blade, shin cassoulet and cheek pie.

Choosing it from the selection of local lamb, rare-breed pork and freshly caught local fish on offer was no easy task.

The menu was impressive, the food outstanding. It's so popular that diners were arriving for an 11pm sitting as we left.

The next morning it was time to get out and work off some of our over-indulgences.

Lower Lough Erne spans 26 miles and is home to 365 islands. The fly-fishing season runs from March to September, and coarse fishing for pike, perch and bream is available all year round.

The resort can team you up with a ghillie for casting or angling lessons, and if your fishing proves more successful than ours they can even cook your very own catch of the day in the hotel's restaurant.

Having had our fill of fishing, however, we opted for one of the many worthwhile walks in the area instead. The nearby Magho Cliffs and Cladach Glen are beau-

tiful, and the drive to Lough Navar was rewarded with the most dramatic cliff-top views.

We also stopped off at the Belleek Pottery, home to the

world-famous Belleek Fine Parian china. It's Ireland's oldest, and one of the country's top tourist attractions, with guided tours on offer.

Key facts - Lough Erne Resort, Co Fermanagh

- Best for: Luxury break for gourmet food fans and golfers.
- Time to go: All year round. Summer sees more chance of sun on the fairways.
- Don't miss: A massage in the hotel's authentic Thai spa.
- Need to know: There are seasonal opening hours at the Belleek Pottery, as detailed at www.belleek.ie.
- Don't forget: They use Euros if you want to visit the South.

Travel facts

Claire Walker was a guest of Lough Erne Resort, Co Fermanagh, where a two-night Thai Spa Retreat in a Lakeview Room starts at £135/€154 per person per night including full Irish Breakfasts, one dinner in Catalina restaurant, one-hour Thai Spa treatment, 10% discount off additional treatments and at the Spa Boutique, use of thermal suite and infinity pool at the Thai Spa.

Reservations: www.loughneresort.com

Lough Erne is easily accessible from Belfast International, Belfast City and Dublin airports.

Car hire firms in Belfast include Hertz (www.hertz.co.uk), Budget (www.budget.co.uk), Europcar (www.europcar.co.uk).

Destination information from Northern Ireland Tourist Board (www.discovernorthernireland.com) and Tourism Ireland (www.discoverireland.com).

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The time of your

Lisa Salmon talks to Monica Troughton, author of *Magical Menopause*, and Jaki Scarcello, who wrote *Fifty and Fabulous*, about their far more optimistic take on this huge female milestone.

For many women, 'the change' brought about by the menopause is not a change for the better.

Hot flushes, night sweats, and a loss of libido can be very unpleasant.

But they're not the only changes - less well-known effects, like increased confidence, more energy and freedom from menstruation, prompt some women to herald menopause as the gateway to a new, better life.

Women like Monica Troughton who, as World Menopause Day (October 18) approaches, enthuses about the magic of the menopause rather than its misery.

"I like the way the menopause is called 'the change', because it's creating the potential to make so many changes," she explains.

"It allows you to feel a genuine excitement about being alive again, as you're no longer at the mercy of a monthly cycle. There's nothing to fear at all."

The 57-year-old former secondary school teacher, from Leamington Spa, Warwickshire, confesses that she too feared the menopause before it began in her late forties.

As with most women, the process took some years for Troughton, who was around the average UK menopause age of 51 when her periods stopped completely.

Traditionally, a woman has reached the menopause when she hasn't had a period for 12 months.

"You know that your body and mind is changing, and if you start



A woman getting a good night's sleep.

It occurs as a result of falling levels of the hormone oestrogen, which regulates a woman's periods.

This leads to physical and emotional symptoms, such as hot flushes and night sweats, eventually culminating in the end of egg production (ovulation).

Troughton experienced symptoms such as migraines and poor sleep in the years before she stopped menstruating completely (peri-menopause).

She also had hot flushes when she drank red wine or ate chocolate.

But she says that once she'd accepted and dealt with her symptoms, she could enjoy the positive side of the menopause - more confidence, and feeling in control of her body, coupled with the benefits of ageing including financial security, and having the wisdom and confidence brought by life experience.

"You know that your body and mind is changing, and if you start

to accept those changes, you're just not prepared to put up with second-rate things in your life any more," she says.

The bubbly grandmother speaks from experience - after the menopause, she gave up her teaching job, became a writer, and even wrote and performed in a two-woman comedy show at the Edinburgh Festival.

"I was terrified but it was just brilliant," she says. "It marked a new beginning - I was doing something that was so utterly different."

"There's a confidence that comes with the menopause that makes you want to do what's best for you and the people around you. It's something that will actually enhance your life."

She sympathises with many women who feel they lose both their fertility and femininity when their periods stop, but says: "That's just not true at all. You become fertile in other areas, and are just as feminine."

As well as the comedy show,

Dr. António P. Lopes Teixeira

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life

Many middle-aged women dread the menopause - but some claim it heralds the start of the best time in a woman's life.

Troughton also wrote a book, *Magical Menopause*, and dropped two dress sizes after cutting back on chocolate and alcohol due to the hot flushes.

"Now is the time to take the bull by the horns and really live," she says.

"We can change our minds about how we think of the menopause, and once we do that, it'll be a different experience."

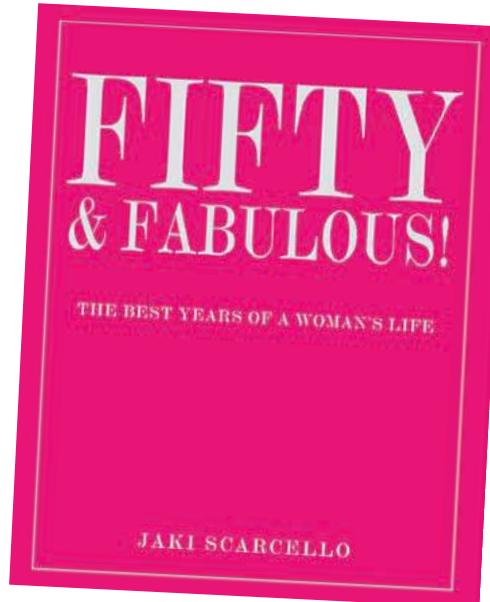
She briefly tried hormone replacement therapy, acupuncture and alternative therapies as she dealt with her own symptoms and she stresses: "Some women do have severe symptoms which need managing, and sometimes they need more than just a pill."

"You have to explore what's going on, and how to make the best of your menopause."

She advises swapping tips on managing the physical and emotional effects with other women in the same position.

She adds: "There's tons written about the negative side of menopause, and it's not fair for young women to think they've got this thing to dread, when actually they shouldn't dread it."

Jaki Scarello, an energetic American with a huge enthusiasm for life over 50, agrees with Troughton - and even goes as far as to say that women are lucky to



have the menopause.

"It taps us on the shoulder and reminds us that we're ageing, and without it we might slip past this milestone and not realise that we're on the threshold of a new era," she declares.

Scarello, author of *Fifty And Fabulous*, insists that many

Fifty And Fabulous by Jaki Scarello, published by Duncan Baird Publishers

women dread the menopause because of its link to ageing.



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Magical Menopause by
Monica Troughton,
published by Infinite
Ideas

Because we're a "body-obsessed society", she says, we fear ageing because of the inevitable physical decline it brings, and also because we fear death at the end of old age.

"In a culture which is obsessed with youth, we can't help but judge all of life on youthful criteria."

"I'm not young any more, and I don't intend to live the years I have left, which could be almost half of my life, in the belief that where I am now is a second-class stage of life."

Scarcello, 59, says that after the menopause, rules don't seem to



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matter as much; women have, like her, a 'menopausal zest', and life 'opens up' if women allow it to.

"We're programmed to believe that menopause and life after 50 is a stage of decline, when the truth is that menopause heralds the entry to a new stage of development - one that's underexplored and most certainly misrepresented.

However, Scarcello stresses that she understands and sympathises with the women who experience unpleasant menopausal symptoms.

"I try to balance the good news of ageing with the reality that some women do really suffer with menopause symptoms, and I don't want to discredit anyone's

experience of pain."

"But I do believe we just make it worse when we allow our negative perspective on ageing to be attached to it."

Jean Wright is executive director of the International Menopause Society, which is using World Menopause Day to highlight menopause and its treatment.

She stresses that every woman's experience of the menopause is different, and points out: "Some women might not get all the horrible symptoms that can happen with menopause, and obviously they'll be more positive about it."

"It's a very personal experience, and I would think a positive frame of mind helps."



How to make the best of menopause

- Take regular exercise
- Limit caffeine, sugar, salt and alcohol
- Don't smoke
- Eat foods containing calcium and vitamin D
- Get plenty of sleep
- Eat a low-fat, well-balanced diet
- Use hormone therapy if needed
- Stay positive

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Yet another fun week

The week started with Merlin on a Vet visit-he has these every couple of months for blood tests. He has been drinking far more than normal so we decided to investigate that and get his thyroid test done. First he was weighed and he amazed me by having put on weight, I have had him on the Applaws food and it has worked its magic. Then the dreaded checkup and blood test. Merlin makes me laugh---we went in to the surgery and he leapt up on the table and settled down to wait for his appointment. He looked so cute. All went well, he went off for his blood test, unlike Lennie

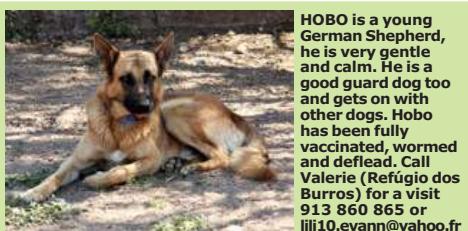
my Bearded Collie, Merlin is better away from Mummy for the blood test. He just fusses if he thinks I am there to 'rescue' him. He did enjoy his time out with Mummy though---they are all funny as they like to go out alone with me. They are almost like children as when you return with the 'special' one they almost glow to the ones that remained at home. No reason found for Merlin's excessive drinking so he must just be thirsty and us over reacting! His thyroid level is down however so his meds may need tweaking as he has put on weight, it is a juggling act.

Hi There !

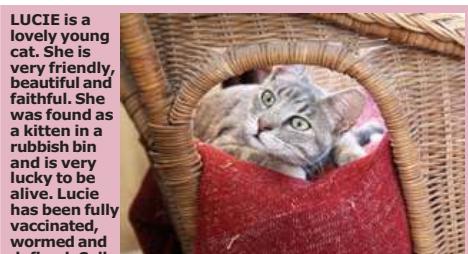
DOUGIE is a lively and young little dog, he is very friendly and gets on with other dogs. Dougie loves long walks and never gets tired. He is about 2 years old, has been fully vaccinated, wormed, defleated and castrated. Call Valerie (Refugio dos Burros) for a visit 913 860 865 or lili10.evann@yahoo.fr



I have these adorable puppies approx 8 weeks needing homes. I spotted them in my neighbours garden on Friday 1st October. They had no Mother with them. The neighbours do not live here full time. I believe that someone dumped them in there. They were covered in fleas and very scared, although they didn't seem to be too thin, looks as though they had been fed. My Husband and I collected them up and took them to the Vets to be checked over and got them the necessary de'flea and de'worming treatment. Please all either Tania 935432221 or Nancy 914237464.



HOBO is a young German Shepherd, he is very gentle and calm. He is a good guard dog too and gets on with other dogs. Hobo has been fully vaccinated, wormed and defleated. Call Valerie (Refugio dos Burros) for a visit 913 860 865 or lili10.evann@yahoo.fr



LUCIE is a lovely young cat. She is very friendly, beautiful and faithful. She was found as a kitten in a rubbish bin and is very lucky to be alive. Lucie has been fully vaccinated, wormed and defleated. Call Valerie (Refugio dos Burros) for a visit 913 860 865 or lili10.evann@yahoo.fr



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It was Blip weekend last weekend with all that that brings with it. Packing lots of the shop into various cars, setting up the stand on the Fri and Mummy out for 12 hours Saturday and Sunday, then Monday morning packing back into the car. I spend most of my life with my dogs so to me and to them it is very strange when I am not around and they hate it.

But, the weekend had its ups and downs. People who know me know that having had several burglaries here Jim and I rarely go out of the house at the same time, basically as we worry about our dogs and our property. We live in the country. This weekend we were, however, forced to leave the place unmanned for a while Friday. Moral of the story-don't. When I popped back on a 'dog watch' session I noticed some things didn't look quite right but

couldn't put a finger on what was wrong, the dogs were VERY quiet which was odd. With all the Blip panic I forgot about it-all was well in the house. However, on Sunday Jim discovered what actually had happened. Some athletic clever person had climbed over the wall onto our land and untied/disconnected and stolen 4 of our solar batteries. They are very heavy. To say we are fuming would be an understatement. We had been so pleased to be running on solar power---now big investment again and obviously as the batteries are sat in the garden the insurance will not cover them. On Tuesday they returned for more!!

Jim did have some amusement in the middle of his fury on Sunday. We have emptied the pool for winter-but of course it has rained so we do have some wa-

ter in it. He spent hours trying to secure the batteries we have been left and he let the dogs have the run of the land-he is Mr Fun as I don't let them run around the land as they collect too many burrs. He was alerted to a lot of fun barking and went in search of the reason. Cleo, Merlin and Cassie were playing in the water in the pool, Jim said they were having so much fun, it's just like a big puddle really. Of course Mrs Boring (Me) immediately went into coat mode when Jim told me. Result being Monday afternoon was spent tidying coats, whilst still wondering how anyone managed to haul the batteries away and however to chose the few hours the house was unmanned. Grhhhhh

Blip was good, we had the

I think if dogs could talk my lot would say they have had a very bad week---all unloved and lonely!!!

chance to see lots of friends and clients, it is quiet a social occasion. A big thank you to everyone who came to see us, thank you also for the organization which was as good as ever. I miss the dogs however as I am used to having one or two with me at exhibitions and everyone loves to see them. I had my dogs with me for the first few Blip exhibitions and as they are really a very big part of who we are it is a shame they cannot be there now.

Now I have to put three smelly dogs feet in a bath---the ones that have played in stagnant pool water, of course it would be two of the white footed ones of course, now not white at all.

Jan Cobley
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Milo & Me

It's been a pretty quiet week in our household; well, as quiet as it will ever get with a Weimaraner in the family fold (I'm a poet and didn't know it!).

One thing I can say for sure is that Milo sleeps well at night - and he is probably the only one on our row of houses that does.

Someone in the vicinity has a UBD(Unidentified Big Dog) that barks the entire night through, most nights. Now, while the incessant barking doesn't exactly wake us up, it is an annoying background sound and it certainly doesn't help us fall to sleep.

It's our other neighbours who live in closer proximity to the UBD (we haven't yet pinpointed where it lives yet) that I feel sorry for.

But it's one of those things, barking. Now I'm not saying Milo is an angel. If a turtle dove, cat or plastic bag come within a metre of the garden it's enough to set him off, but his barking will only last for as long as he can see the object or until he is told off. But how can any owners let a huge dog bark systematically the whole night? Can they not hear it?

Anyway, moan of the week over, on to more positive things.

Milo is calming down so much. I almost feel sorry for our other friends who have just got puppies and who are now going through the motions.

'Why does he dig so much?', 'Why does he chew so much?', 'Why does he cry so much?', 'Why does he need so much attention?'

Yep, these things take time to figure out. But most of them will ease off, eventually.

Well, at least that's what I thought about Milo, and he is a lot calmer, but while we have six good days a week, then we have one where he is an absolute nightmare.

Like on Monday this week, for example. After a lovely weekend, taking him for walks on the beach, playing ball, etc, he decides to chew the hosepipe (again) but not in the obvious places.

No, no. This time Milo went straight for the part that connects the pipe to the tap and chewed away. I didn't actually notice until I turned it on full blast and the plastic pipe flew away from the tap and drenched me (on Monday morning - right before leaving for work, I have to stress).

Just like I didn't notice that same day he had munched around the base of the huge parasol that we leave in the garden to make sure he has shade. I only figured that one out after I moved it and the umbrella fell over and struck me on the head.

And then there was the small incident with the air conditioning's exterior pipes.

I didn't even know he could reach that high!

It's as if some days he wakes up and thinks 'Right, just how much can I destroy today?'

Anyway, Angela, who we did the Mamamarona with, has lent me a very useful book that I



will be putting to practice - The Dog Whisperer. There's a whole chapter that we can overlook: How to choose your puppy (too late), what breed is best for you (ahem - can't do much about it now, can I?) the first night (failed at that one), crate training (that one too) and how to socialise your puppy (he's very sociable, I assure you!), and we'll just go straight to 'Legendary Dogs'.

I looked to see if there was a chapter entitled 'Mad dogs: How to transform hyperactive dogs into the most obedient, most placid bundles of undiluted joy in 24 hours and without getting covered in drool', but I don't think the author had a Weimaraner.

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Semakaleng Francis



Chiefs stamp. 2010-05-11

Sir/Madam,
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1. Kabelo Rankoro. (2003).
2. Semakaleng Rankoro. (2002).

The first mentioned individual is an orphan where the second is an idiot.

The idiot is born of both parents being also idiots. Therefore you are requested to have compassion on both.

They are all i.e. Phiriatlala Rankoro and Mateboho Rankoro the burden of the poor Mamosele Rankoro.

All live on the mercy of God, you cannot understand how they survive. It is really beyond comprehension.

I thank you in anticipation and your leniency will be regarded as a great favour.

Sincerely yours,
Makhabane Letsie.

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At our Childrens Centres we accept only the most needy children. Those who are vulnerable or high risk. The children are referred by a school teacher, the Police, a local community leader, a member of the church or/and a local Chief. We then investigate the story. About half of the orphans we consider will move in.

We encourage visits to local extended family members. These orphans must maintain their Basotho roots. Her children are the future of this nation.

In early June we received the letter :-

An old grandmother McMamoseli brought this letter, written in English, to us.

She wore her best clothes under a good blanket that she had borrowed from her neighbour. She was barefoot. She has a large family to support. Her state pension of M.300(Euro 30) a month makes a difference but it does not go far with many mouths to feed.

Her story is common in the rural areas of Lesotho. Most of her children are dead. The surviving son is the man referred to as Phiriatlala. He is retarded and

simply adds to her burdens. In her hut live twelve of her grandchildren. Yes, twelve! Most of them are orphans.

She went to her Chief, who wrote the above letter and sent her to us.

The question is could we help?

Her story needs checking. If you are desperate, you try and paint a dreadful picture that will touch hearts and get you aid. Every story must be checked. Johannes, our social worker went by horse to visit the village of Khakeng. There is no road access.

His report is awful. There is a serious lack of food and too many mouths to feed. Three of the children are local shepherds and receive a simple meal from their farmer each day.

Old Nkhono(Granny) finds food for 9 children, herself and surviving son and wife.

Most of the children have no shoes. It is midwinter and bitterly cold.

What do we do?

We arrange for granny to return to us with 3 of her grandchildren. We give them all shoes and clothes. After much discussion it is agreed that we will submit three boys from the family to our Orphans Committee for their recommendations.

Our Orphans Committee is made up of fifteen local leaders, from local churches plus two Chief representatives. It is a Godsend. Someone present will know the family. They confirm or refute the report.

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Wij gaan per 1 september weer van start...
De O4M wordt gesubsidieerd door de STICHTING NOB

Ntate Samuel of our Orphans Committee has recently visited this very family. He tells of seeing three adults eating pap and hungry children sitting watching them eat. This is most unusual

behaviour for Basotho people. A strong indicator that there is a chronic shortage of food.

The Committee agrees with our recommendation for three of the boys to live-in at PCC. It will

lighten the load for the Grandmother. They are Amos (Kamohelo) born 2003, Peter (Kabelo) born 2003 and Francis (Semakaleng) born 2001. We are told that some days the children only eat at school. Of the three boys, only Peter was attending local Primary School. The other two often went without.

Ntate Robert expressed serious reservations about us admitting a retarded boy to our PCC family. He shakes his head and says,

'Will he not cause big problems? How can we help him?'

I called Sempe to talk to the Committee. He is retarded and was 'wild' when he first came to live with us. Today, he attends local school, is well behaved and speaks some English. He is 8 years old.

There is much drinking and

domestic violence within the community. For many of our orphans living with no fear of being beaten gives them security and confidence.

The Orphans Committee respect the advice of Ntate Robert but they know that these children faced a bleak future if they remain in their village.

Old Nkhone told us that often Semakaleng runs away. Indeed, we have had some problems with him. He would make the strangest deep guttural noises and growl and look fierce. A strange child. Today he is a delight. He talks and uses the toilet. He has put on weight and attends preschool each morning. He is a new child.

We provide a 'home' for children in need. We don't always win but in most cases the child blooms. We have a wonderful family.

A special letter because your help is desperately needed

Reading these pages, you will be aware of the work of the family Baanen (Tara is Jill's daughter and she and her husband, Patrick have three children) in Lesotho and it is now three years since the family left the Netherlands. To run an orphanage in Africa is, of course, beautiful work, but it also demands a lot from them as a family and as a couple.

It is therefore important that they return to the Netherlands for a short time of reflection and recovery. The Home Front Team look after their welfare and have found a beautiful place for them where they can physically and mentally come to a rest together as a family. The family is flying to the Netherlands at the beginning of December 2010 and will stay for six weeks.

Obviously such a retreat is

not without cost and the Home Front Team wish to pay for tickets and the costs of living. But, as you understand, this is a pretty big cost for them and that's why they have written this letter.

Perhaps you are already a sponsor of family Baanen and this money is desperately needed for their daily life in Africa and the education of the orphans. But, now the Baanen are going to the Netherlands the team would like to ask you to think about whether you would transfer money specifically for their time of reflection.

The Home Front Team request that if you want to send money, that you do this as soon as possible on account number: 528377906; Attn. Stichting (foundation) Afact, indicating: Retreat P&T.

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Semakaleng, his cousin Amos (looks like a tellytubby - he hasn't stopped eating since he arrived!) and Joseph (the older boy), the boy who makes the wire carts.

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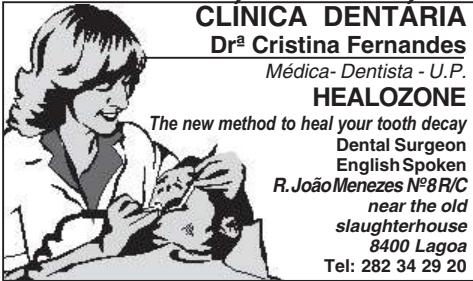
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IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 88, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10:15 Prayer and Bible Study; Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

JEHOVAH'S WITNESSES - Public Talk in English. Rua João de Deus, 76, Sintra. (Behind Sintra train station). Sunday 1.30pm Tel: 214 690 600. Also Rua da Barroca, 122 (Bairro Alto), Lisbon. Sunday 11am. Tel: 214 421 604. (Chinese Saturday 3pm).

The Algarve

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ST VINCENT'S ANGLICAN CHURCH C of E Sundays: 9.30am Igreja N Sra de Fátima, N125 between Quatro Estradas & Almancil. 11.30am St Luke's, Gorjões, 8.00am & 12noon Igreja N Sra da Luz, Praia da Luz, near Lagos. 918 824 584. www.stvincentsalgarve.org

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 8pm. Rua 25 de Abril, n° 19 (next to the Market).

INT. CHRISTIAN FELLOWSHIP Rua N.5 do Amparo (just off Avda 25 de abril) in The Bridge" rooms, Cedipra Shopping Centre. Worship Sundays at 11am. Sunday School for children in English & Portuguese. For more info call 282 461 985 see <www.cooa.co.uk/cf.htm>

INT. COMMUNITY CHURCH in Lagos invites you to attend its services in English Sundays 10.30am. Newfrontiers Sunday School 5 Travessa de Santo Amaro, Lagos, Tel: 282-086804 or 282-697546, www.icc-lagos.org.

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TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at Av. Mateus Teixeira de Azevedo, 61A (Opposite Skippers Bar) Full programme and further details from Jackie 281 322 857, Steve 917 872 665 and 917 872 559 or Maria 966 380 446. E-mail: jackieandmo@yahoo.co.uk

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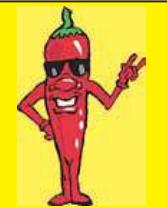
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The all-new Subaru WRX STi

What's your best memory of Subaru's Impreza? Like many it's likely to be a blue car with a big wing flying through a forest at an impossible speed. It might even have the late, great Colin McRae at the wheel.

Like all good things such memories don't last forever. Subaru's bold choice to switch from a four-door saloon to a five-door hatch stunned loyal fans. There are always two sides to this of course, and Subaru's desire to boost its business with a more Euro-friendly hatch was a perfectly understandable one.

WRX and STi performance models followed and have, on the whole, been well received. But here's the thing; with Subaru now keen to reposition itself as a maker of semi-premium models and a recent resurgence in the popularity of compact, premium sports saloons, the four-door Impreza WRX STi is back.

Only don't call it an Impreza - Subaru isn't as dropping the name is part of a bigger rebranding plan for the high performance variant. Of course, if it looks like an Impreza and goes like an Impreza it must be an Impreza.

A development of the existing five-door, adding a boot has brought back a familiar profile. One thing missing is a mile-high rear wing, although a modest one can be specified. Again, this is part of Subaru's premium repositioning of the car. Lary wings are a throwback to past times, crazy insurance premiums and, in Subaru's case, a high profile motorsport programme.

That's not to say that the car itself has gone soft. With 300 horsepower available from Subaru's now familiar 2.5-litre four-cylinder 'Boxer' turbo engine, this WRX STi has been designed to deliver all the usual thrills but with more polish.

Certainly the lack of a monster rear wing helps with that image. Frankly the four-door WRX STi is chunky and imposing enough without it.

Its muscular wheel arches and

deep front bumper send out all the right messages. At the rear the quad tailpipes ape those of the Impreza hatch, but this time there's no race car-like diffuser.

In keeping with the car's newfound premium positioning, the cabin includes higher grade materials. The obvious change from the regular Impreza is the inclusion of a pair of Recaro sports seats for driver and front seat passenger.

The rest of the improvements are more than skin deep, with this Impreza adopting the 'Spec C' suspension specification that would be more familiar to fans of Japanese market import models. Changes to the dampers, anti roll bars, bushes and the steering have resulted in a more rounded character.

Less 'pointy' and nervous than UK market STi cars of old yet capable of striking a pleasing balance of ride comfort and agility on poorly surfaced roads, this new WRX STi is still eye-poppingly rapid when it counts but won't dislodge your fillings in the process.

The car's ability to cover ground at a rapid pace is without question.

The slight rear bias of the four-wheel drive system allows you to have some fun in the corners, too. That you can fine tune the behaviour of the centre differential and the throttle response adds a welcome extra layer to the experience.

Also welcome is the generous level of standard equipment on this WRX STi. The noticeable uplift in cabin quality is worthy of praise, as is the inclusion of numerous airbags, an unobtrusive electronic stability system and a decent audio unit boasting auxiliary and iPod inputs plus Bluetooth phone connectivity.

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Facts at a glance

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Green grabs gold

Starting the round seven strokes behind overnight leader Pablo Martin from Spain, the Australian had little hope of overturning the deficit.

However, in one of the most dramatic displays of self-destruction, the Spaniard, who had been leading by two shots on the 13th, appeared to mix extreme caution with recklessness which saw him card three bogeys and one double bogey in the final six holes.

In the space of under an hour, the 24-year old Spaniard had gone from odds on favourite to win the €500,000 first prize, to a share of sixth and see his winning slashed by more than €400,000 to €90,000.

Speaking after his ordeal, Martin said: "I choked, basically, meltdown - it was pretty clear. You could see it on TV I guess.

"I don't know. I don't know what can I say after that? Very shameful - very ashamed of myself."

"I was playing all right, the double on seven, obviously you just have to play this course, you

only have to do two things right, the two drives on seven and 18. I hit both of them in the pond, exactly what you don't want to do."

But the day belonged to the Australian left-hander he won his third European Tour title in 311 starts.

Richard Green admitted that he believed he had not done enough by the time he finished his round.

"I thought I was a little too far back, being sort of seven shots behind the leader," said Green. "But you know, I set out there to shoot a good score and I had 64 in my mind and I thought if I got anywhere near, I would have a great week."

"And to be here now with the trophy is just a fantastic feeling. I've worked very hard, and I've had some opportunities to win this year and let them slip.

"To be honest, I thought this one slipped by as well. But you know, the way it's worked out, I'm happy."

Tied second on 16 under were Dutchman Joost Luijten, Spain's Gonzalo Fernandez-Castaño, Swede Robert Karlsson and Italy's Ryder Cup star Francesco

Molinari.

He carded a ten under 62 for the second time in the space of a week, and his effort hinted at a much lower winning score, but with the pressure mounting nobody was able to surpass Green.

A total of 12,115 tickets were sold on the final day of the tournament, a record for a single day in the four-year history of the Portugal Masters, comprehensively beating the record set on

 Brendan de Beer

Australian Richard Green secured an unlikely win over the weekend in Vilamoura when he clinched the Portugal Masters in extraordinary circumstances.



Australian golfer Richard Green poses with the winner's trophy on October 17th after winning the Portugal Masters which took place in Vilamoura. (Photo: Lusa/Luis Forra)

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the Sunday in 2009 when 10,504 spectators came to view the event.

In total, 36,223 tickets were sold over the four days, with the excellent weather not only helping to bring in the crowds, but helped to aid the image of the Algarve abroad, with Sky Sports showing its viewers the sort of weather they could expect in October in the south of Portugal.

SUPERLEAGUE FIXTURES WEEK 8

MATCH	DATE	TIME	TV
Académica-Nacional	Friday	20h15	SportTV1
P.Ferreira-Beira-Mar	Saturday	18h00	
Setúbal-Guimarães	Saturday	19h15	SportTV1
Braga-Olhanense	Saturday	21h15	SportTV1
Marítimo-Naval	Sunday	16h00	
Sporting-Rio Ave	Sunday	18h15	TVI
Portimonense-Benfica	Sunday	20h15	SportTV1
FC Porto-Leiria	Monday	20h15	SportTV1

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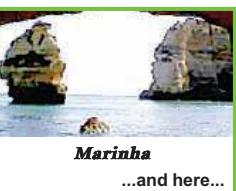


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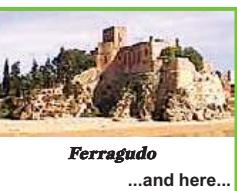
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